Good Housekeeping

219 Fresh Ideas for Your Greatest Summer Ever

+ BACKYARD QUENCHERS

+ GUY FIERI'S CHICKEN GRILL

+ SAVORY SIDES

BEST ★ BBQ ★ RECIPES

DIG IN! Juicy Ribs
Sizzlin' Grilled Corn
Awesome Burgers
Campfire Treats
Finger-Lickin' Chicken
and more!!

EASY OUTDOOR ENTERTAINING

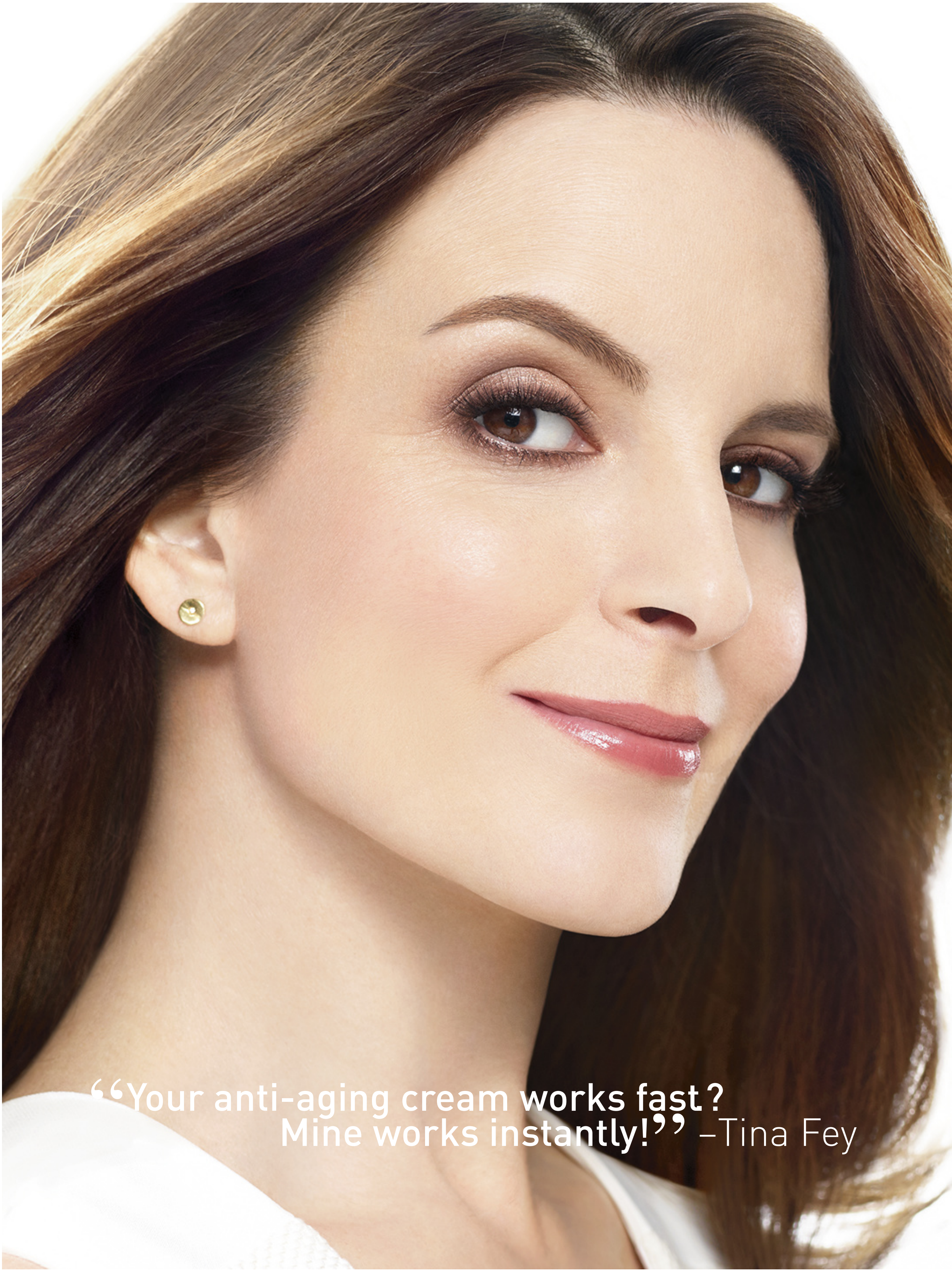
GROWN-UP S'MORES
SALTED CARAMEL! p88

10 Health Mistakes
How to Stop Making Them

GET ORGANIZED
YOUR BIGGEST CLUTTER PROBLEM—SOLVED! p60

GOOD HOUSEKEEPING
Since ★ 1909

JUNE 2014



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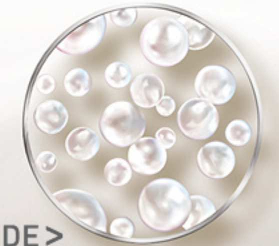

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Photograph by JEFF LIPSKY. Hair by David Cox for Celestine Agency using Kevin Murphy Products. Makeup by Patrick de Fontbrune for Juara Skincare at GRID Agency. Manicure by Lisa Postma. Prop styling by Nanci Bennett.

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Have a fave? Let us know! Go to facebook.com/goodhousekeeping or e-mail us at ghletters@goodhousekeeping.com.

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Cover photographed by KATE MATHIS. Food styling by Michael Pederson. Prop styling by Kendra Smoot.

Photograph by KATE MATHIS

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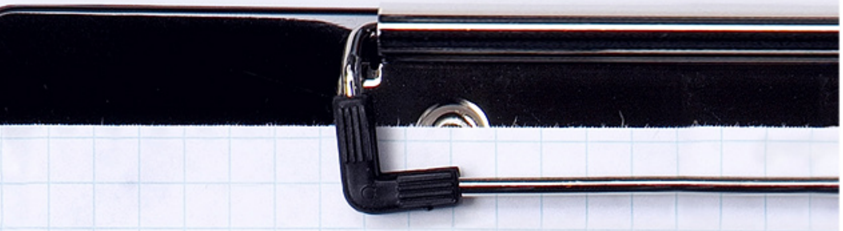

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We evaluate products for the magazine and the Seal to make sure you get good value.

Guy mans a rustic "kitchen" while camping with his family in California.

Guy Fieri

Guest Food Editor

It's summer's juiciest read: Our jumbo "Summer Grilling Guide"—overseen by star chef Fieri—features 14 glorious pages of mouthwatering burgers, inspired sides and more. See page 73.

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HOLDING COURT

Nice shot! Parenthood's ***Monica Potter*** *scores style points in a pleated skirt and a tennis-inspired V-neck, one of the season's essentials in this month's fashion feature, page 37.*

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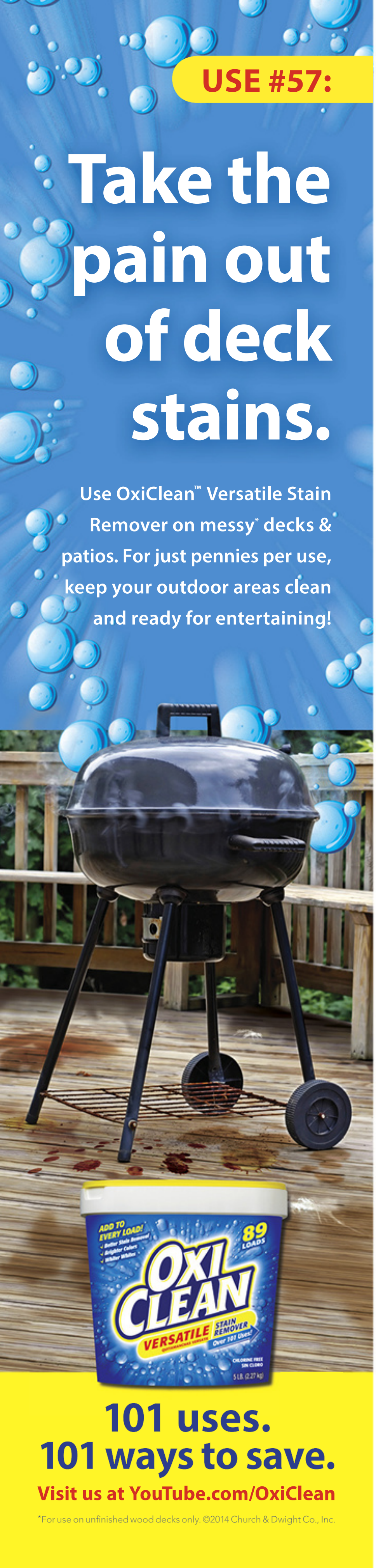

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Four years ago, I came to New York City to visit the GH Institute. I had grown up reading *GH* and had a sense that *Good Housekeeping* tested and stood behind products featured and advertised in the magazine, but until I actually saw the place, I had no idea of the scope of what's done here. (Anyone can sign up for a free tour like I did!)

One of the first rooms I came to was the GH Beauty Lab, where the scientists were busy testing hair dyes and deep conditioners. They explained that they purchased real hair on which they tested anything and everything you and I might end up buying or using. They went on to show how they followed packaging instructions and checked the results: Did the color hold after washing and blow-drying? Was the texture silkier, smoother, shinier? Could the hair be more easily combed through? All these qualities were tested using equipment like an Instron (for conditioning) and a shine cylinder.

By the end of my tour, I'd seen how ovens were tested (three sheets of cookies per oven to check for evenness) and looked inside the climate-controlled room, where the temperature and humidity could replicate that of any part of our country to make sure fridges and more would perform in all atmospheric conditions. I'd seen luggage that had been put through the wringer (almost literally!) and samples of towels that had shrunk, losing multiple inches after five washes. As you can imagine, I was super-impressed.

That day I learned how important delivering the very best is at *Good Housekeeping*. And you can help us do that. Even if you can't be here in person, your opinion sure can: Join our GH Testers to try products at home, or weigh in on our pages and covers on Facebook. We invite you to share your thoughts and ideas about this issue (see page 18) and have your say on what's really best for you!

Jane

Jane Francisco,
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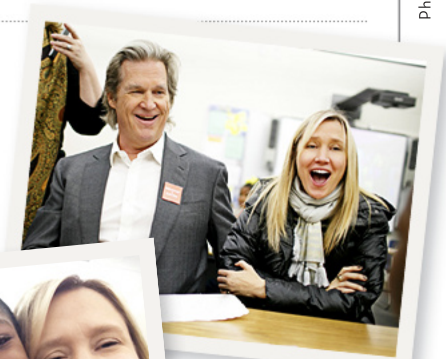
Monica and daughter Molly, 8, in matching aprons—designed by "Mrs. Potter"!

A FORCE OF NURTURE

Monica Potter plays the part of a nurturing mom on Parenthood*—and in real life, too. At the shoot for this month's fashion feature, page 37, the actress handed out homemade scones to the crew. You can find these goodies and more on her website, mrspotter.com—a trove of recipes, crafts and beauty treats.*



Oscar winner Jeff Bridges and I kid around with students—like my new friend Royale, left.

No Kid Hungry!

I had the honor (and fun!) of joining "The Dude," Arkansas Governor Mike Beebe and other supporters of Breakfast After the Bell at Stephens Elementary School in Little Rock, AR. You can help us feed kids, too: goodhousekeeping.com/nokidhungry.

Photographs, from left: ARI MICHELSON; JEFF LIPSKY; Channing Johnson.

It's the little extras: Watch for this umbrella and more at the bottoms of our pages for fun, inspiring ideas on how to have your best summer ever!

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noondesignshop.com

TOPPED OFF | $13
This Mossimo fedora is a stylish, sun-smart finishing touch for a weekend ensemble.
Target

Intricate stitches give it a rich, ethnic look

BOHO BELLE | $23
Pair it with trousers at the office or slip it over a swimsuit—this embroidered cotton top works either way.
forever21.com

Pair
Aux In
DC In
Charge

SOUND OF SUMMER
$35
Just three inches tall, this wireless speaker also comes in black, white and blue.
arforher.com

Photographs by MARKO METZINGER

HOLD EVERYTHING | $39
Use this Nautical Rope Basket to stash towels, cleanser or TP for a powder room upgrade (in three color combos).
llbean.com

NIGHT BLOOMS
$8 EACH
Give your patio an exotic glow with Threshold's ceramic lotus candleholders.
Target

ARM CHARM | $20
Layer this chain-and-cord bracelet with a watch and bangles.
Loft, starting 6/2

A magnetic clasp makes it easy to put on

butter LONDON
3 Free Nail Lacquer-Vernis
11 ml - .4 fl oz
butter LONDON
NAIL LACQUER VERNIS
11ml / 0.4 fl oz
butter LONDON
3 Free Nail Lacquer-Vernis

Luxe for less! A set saves you $6 (they're usually $15 apiece)

PEDI-READY | $39 FOR SET OF THREE
With Butter's on-trend trio of Blaze polishes, your nails will be dressed for the season.
fab.com

Congratulations
Happy Birthday
Thank You

JUST IN CASE | $15
Jonathan Adler's poppy notes will never leave you at a loss for words.
lifeguardpress.com

EYE DO | $6
These oversize retro sunnies with UV protection looked amazing on every staffer who tried them on.
forever21.com

In Cookies & Cream or a PB/M&M blend, too

chocolate chip
the cookie dough café
ONE PINT (473ml)
GOURMET EDIBLE COOKIE DOUGH

RAW DEAL | $9
A pint of ready-to-eat eggless cookie batter? You're welcome!
thecookiedoughcafe.com for stores

TRAY CHIC | $40
This organizer's bone-inlay chevron pattern turns trinkets into a display-worthy collection.
homegoods.com for stores

DRILLE TEAM | $48
Ikat-printed espadrilles (choose indigo or magenta) are a modern take on the timeless rope-sole slip-ons.
cwonder.com

Photographs, opening page: KEVIN SWEENEY/Studio D, styling by Kris Jensen for markedwardinc.com (blouse); BEN GOLDSTEIN/Studio D (hat).

Get rid of stuck-on sand: A dusting of baby powder will help wipe it away easily.

Good Housekeeping

YOUR OPINION COUNTS!

ENTER FOR A CHANCE TO

Win $5,000

Just tell us what you think of the new look of *GH*!

We're making big changes at Good Housekeeping, *all designed to bring you pages packed with fun ideas that will make your life better. So...how did we do this month? What do you love? What should we lose? We want to know!*

★ VISIT **JUNESURVEY.GOODHOUSEKEEPING.COM** TO GET STARTED! ★

No purchase necessary to enter or win. Reader Feedback Sweepstakes sponsored by Hearst Communications, Inc. Beginning December 1, 2013, at 12:01 A.M. (ET) through December 31, 2014, at 11:59 P.M. (ET), go to junesurvey.goodhousekeeping.com and complete and submit the entry form pursuant to the on-screen instructions. One (1) Grand Prize winner will receive $5,000, one (1) Second Place winner will receive a $500 American Express gift card and ten (10) runner-up winners will receive a $100 American Express gift card. Odds of winning depend on the total number of eligible entries received. Must be a legal resident of the 50 United States, the District of Columbia or Canada who has reached the age of majority in his or her state, territory or province of residence at time of entry. Void in Puerto Rico, the Province of Quebec and where prohibited by law. Sweepstakes subject to complete official rules available at junesurvey.goodhousekeeping.com.

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Complete
Just One Tablet!
Relieves Heartburn Due to Acid Indigestion

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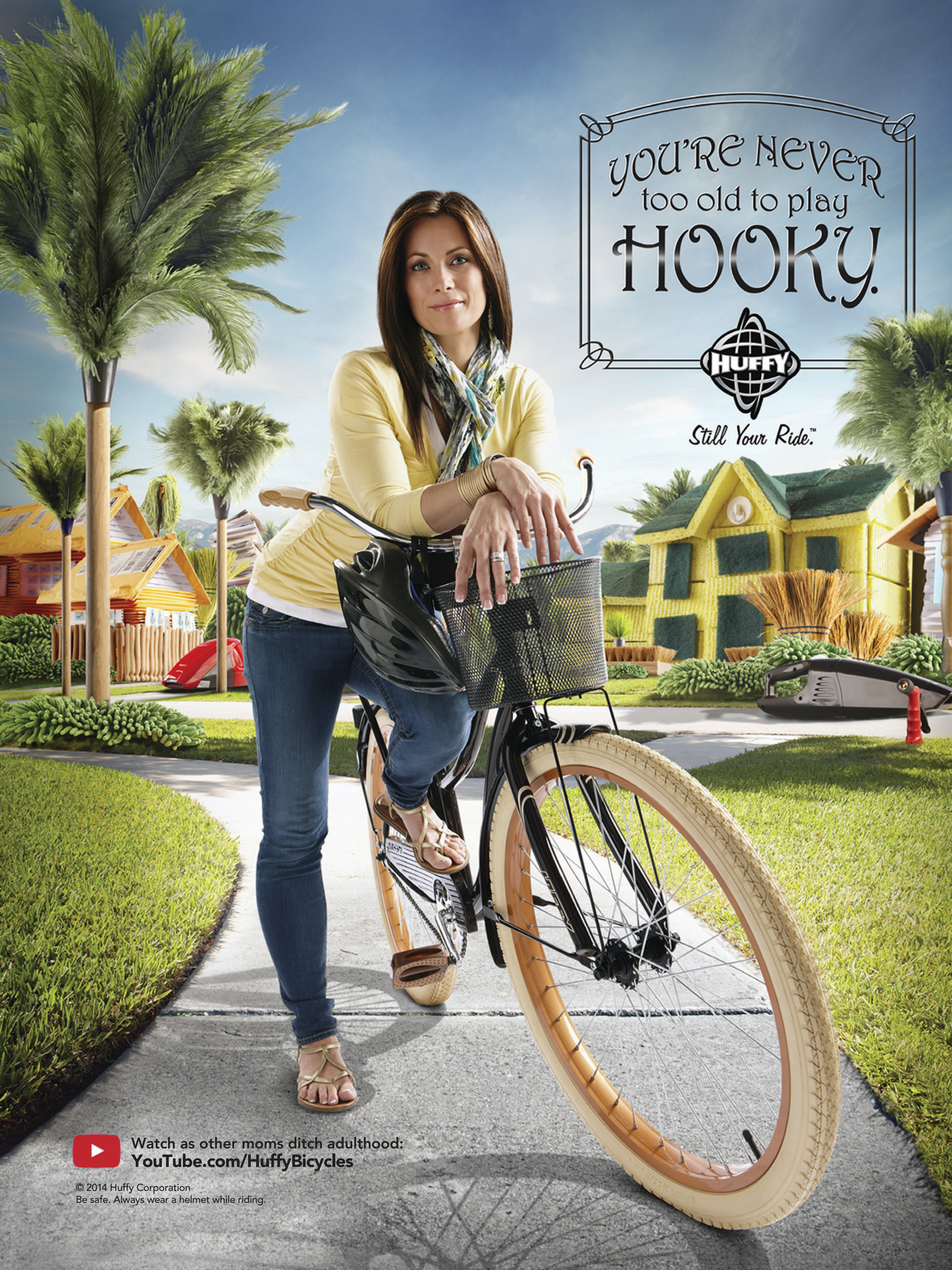
Use only as directed.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too old to play
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Still Your Ride.™

Watch as other moms ditch adulthood:
YouTube.com/HuffyBicycles

© 2014 Huffy Corporation
Be safe. Always wear a helmet while riding.

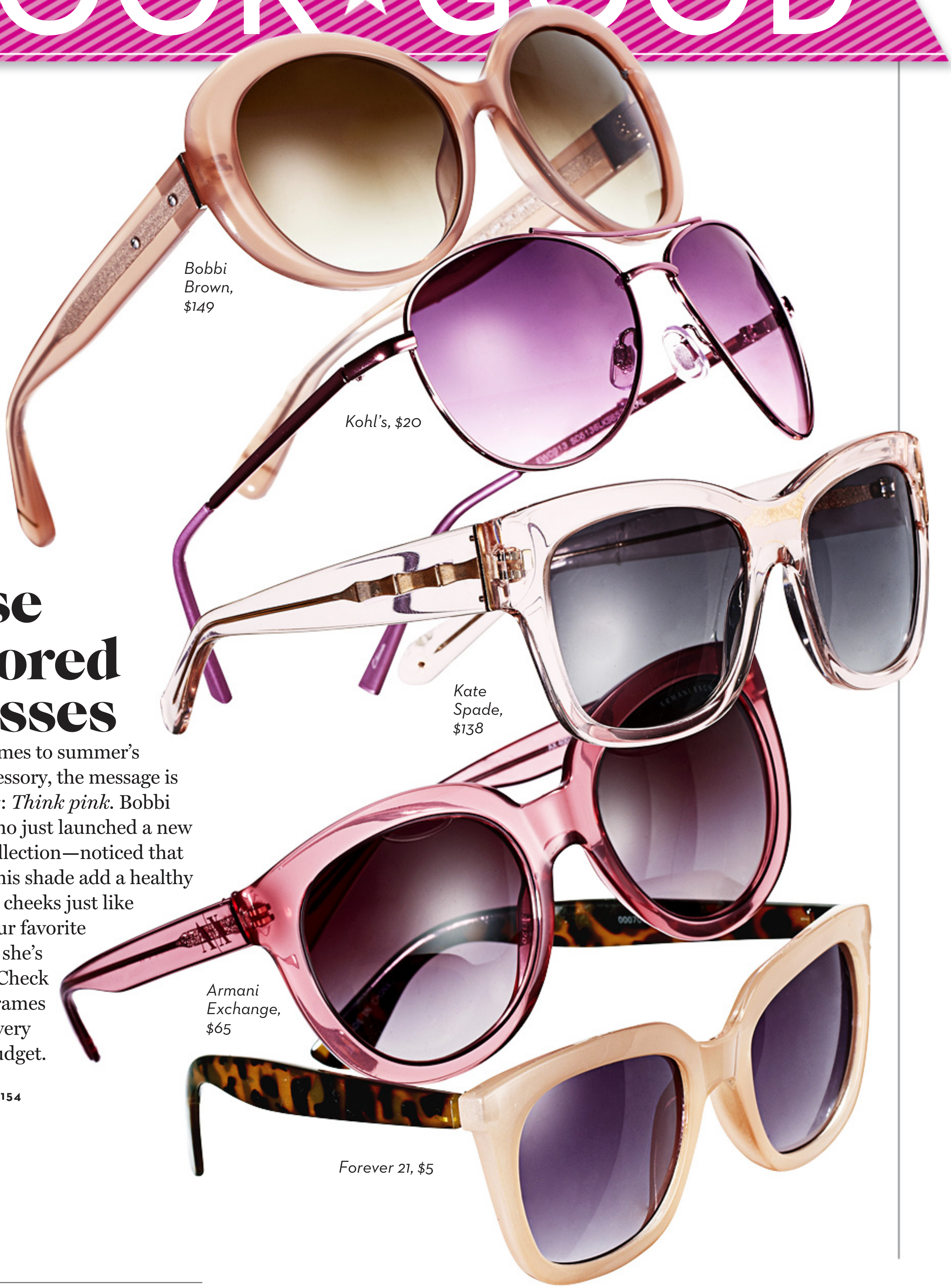
LOOK★GOOD

TREND SPOTTING

Rose Colored Glasses

When it comes to summer's hottest accessory, the message is pretty clear: *Think pink.* Bobbi Brown—who just launched a new eyewear collection—noticed that frames in this shade add a healthy glow to the cheeks just like a dab of your favorite blush. And she's not alone: Check out these frames to match every face *and* budget.

SHOPPING DETAILS, page 154



Bobbi Brown, $149

Kohl's, $20

Kate Spade, $138

Armani Exchange, $65

Forever 21, $5

More time to play: June 21 is the longest day of the year!

Photograph by **BEN GOLDSTEIN**

2 Minute Tutorial

Fade-Proof Your Hair

Secrets for keeping your color vibrant

SKIP SHAMPOOING
Since water leaches haircolor, try washing every other day, says colorist Mike Petrizzi. And spritz a dry shampoo, like ***Pantene Blowout Extend*** ($5, drugstores), on roots before bed.

+

PRIME YOUR STRANDS
Each time you do shampoo, first apply ***Nexxus Assure Pre-Wash Primer*** ($18, drugstores) on dry hair. It seals cuticles to help keep color particles from washing away.

+

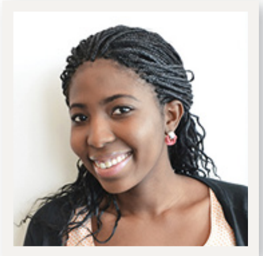
GLOSS OVER THEM
A cool-toned gloss neutralizes brassy hues; a warm-toned one restores richness. Try one of six ***John Frieda Colour Refreshing Glosses*** ($13 each, drugstores); use as a weekly treatment.

WE TRIED IT!

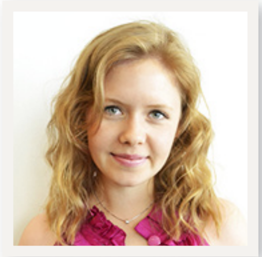
Can one shade *really* fit all?

The skin-care gurus at Perricone MD have created a new "universal" lipstick that intensifies the natural tone of any lips. The proof is in our pics!

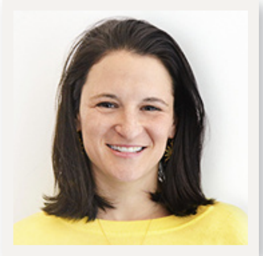
Perricone MD No Lipstick Lipstick, $30; Sephora



Complements dark tones.



Flatters a fair redhead.



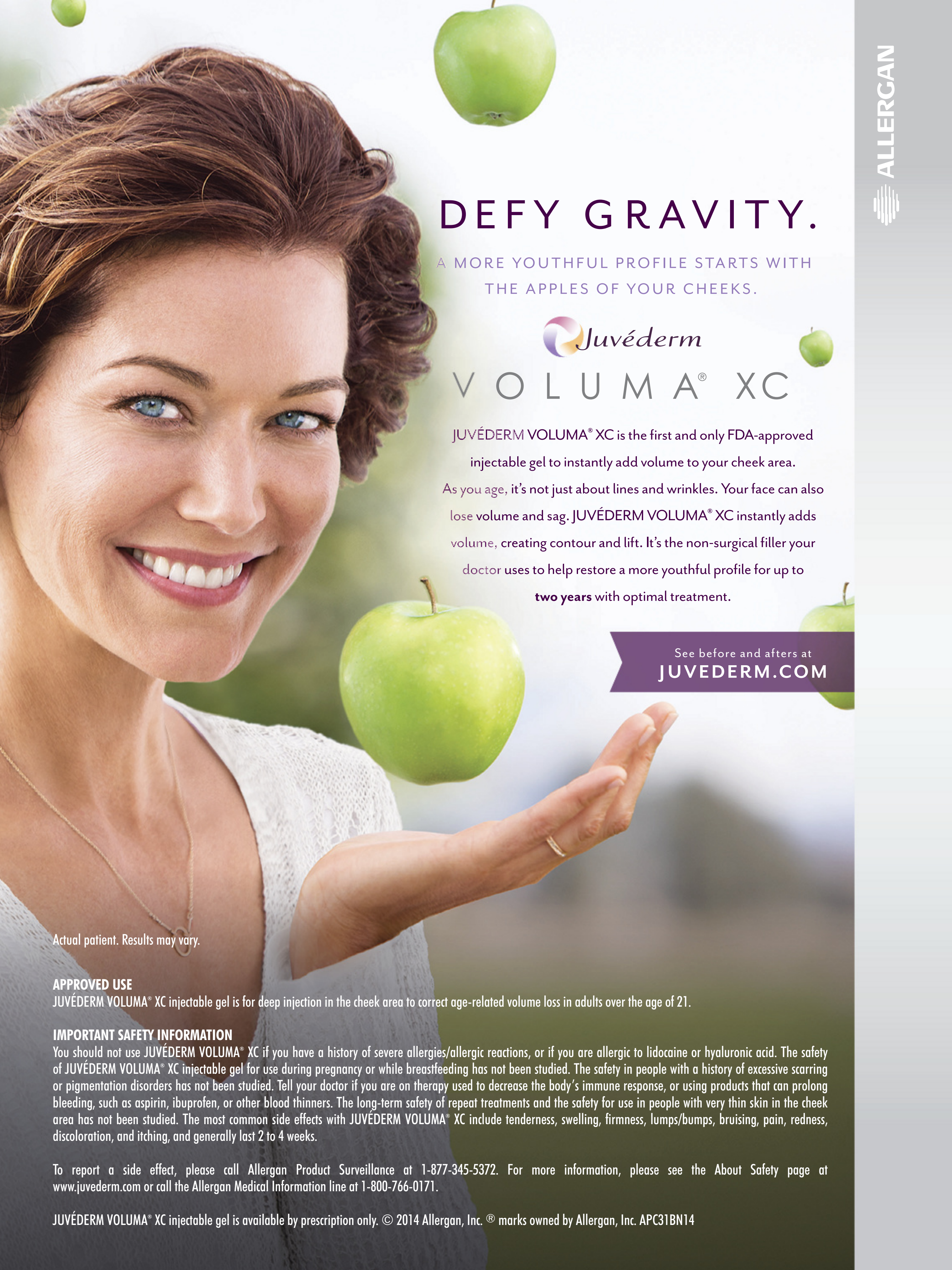
Plays up olive skin.

L'Oréal Paris in Brilliant Thinking
Nails Inc. in Porchester Square

A GEL FINISH The latest polishes promise a gel's shine and durability without the UV lamp or removal hassles. Try **L'Oréal Paris** Extraordinaire Gel-Lacque (polish, $8, base and top coat, $13; drugstores) and **Nails Inc.** Gel Effect ($14, Sephora). Staffers reported no chipping for 5½ days—no match for a gel mani's staying power, but longer-lasting than the average polish, which can chip in two to four days. **Bonus:** Taking it off is a breeze.

Pick your own fruits and veggies. Find nearby farms for the choicest right now at pickyourown.org.

Photographs, from top: Gallery Stock; BEN GOLDSTEIN/Studio D (stills); RAY KIMBROUGH (3).



DEFY GRAVITY.

A MORE YOUTHFUL PROFILE STARTS WITH THE APPLES OF YOUR CHEEKS.

Juvéderm

VOLUMA® XC

JUVÉDERM VOLUMA® XC is the first and only FDA-approved injectable gel to instantly add volume to your cheek area. As you age, it's not just about lines and wrinkles. Your face can also lose volume and sag. JUVÉDERM VOLUMA® XC instantly adds volume, creating contour and lift. It's the non-surgical filler your doctor uses to help restore a more youthful profile for up to **two years** with optimal treatment.

See before and afters at
JUVEDERM.COM

Actual patient. Results may vary.

APPROVED USE
JUVÉDERM VOLUMA® XC injectable gel is for deep injection in the cheek area to correct age-related volume loss in adults over the age of 21.

IMPORTANT SAFETY INFORMATION
You should not use JUVÉDERM VOLUMA® XC if you have a history of severe allergies/allergic reactions, or if you are allergic to lidocaine or hyaluronic acid. The safety of JUVÉDERM VOLUMA® XC injectable gel for use during pregnancy or while breastfeeding has not been studied. The safety in people with a history of excessive scarring or pigmentation disorders has not been studied. Tell your doctor if you are on therapy used to decrease the body's immune response, or using products that can prolong bleeding, such as aspirin, ibuprofen, or other blood thinners. The long-term safety of repeat treatments and the safety for use in people with very thin skin in the cheek area has not been studied. The most common side effects with JUVÉDERM VOLUMA® XC include tenderness, swelling, firmness, lumps/bumps, bruising, pain, redness, discoloration, and itching, and generally last 2 to 4 weeks.

To report a side effect, please call Allergan Product Surveillance at 1-877-345-5372. For more information, please see the About Safety page at www.juvederm.com or call the Allergan Medical Information line at 1-800-766-0171.

JUVÉDERM VOLUMA® XC injectable gel is available by prescription only. © 2014 Allergan, Inc. ® marks owned by Allergan, Inc. APC31BN14

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How very neat.

NEW Ultra Sheer®
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Sunscreen

No more messy hands.
This perfectly portable stick glides
right on with a clean, lightweight feel.

With proven Helioplex® Technology,
it's the best UVA/UVB protection
you'll find in a stick.

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NEW
Ultra Sheer®
FACE & BODY STICK
SUNSCREEN
Broad Spectrum SPF 70
70
helioplex®
#1 DERMATOLOGIST
RECOMMENDED SUNCARE

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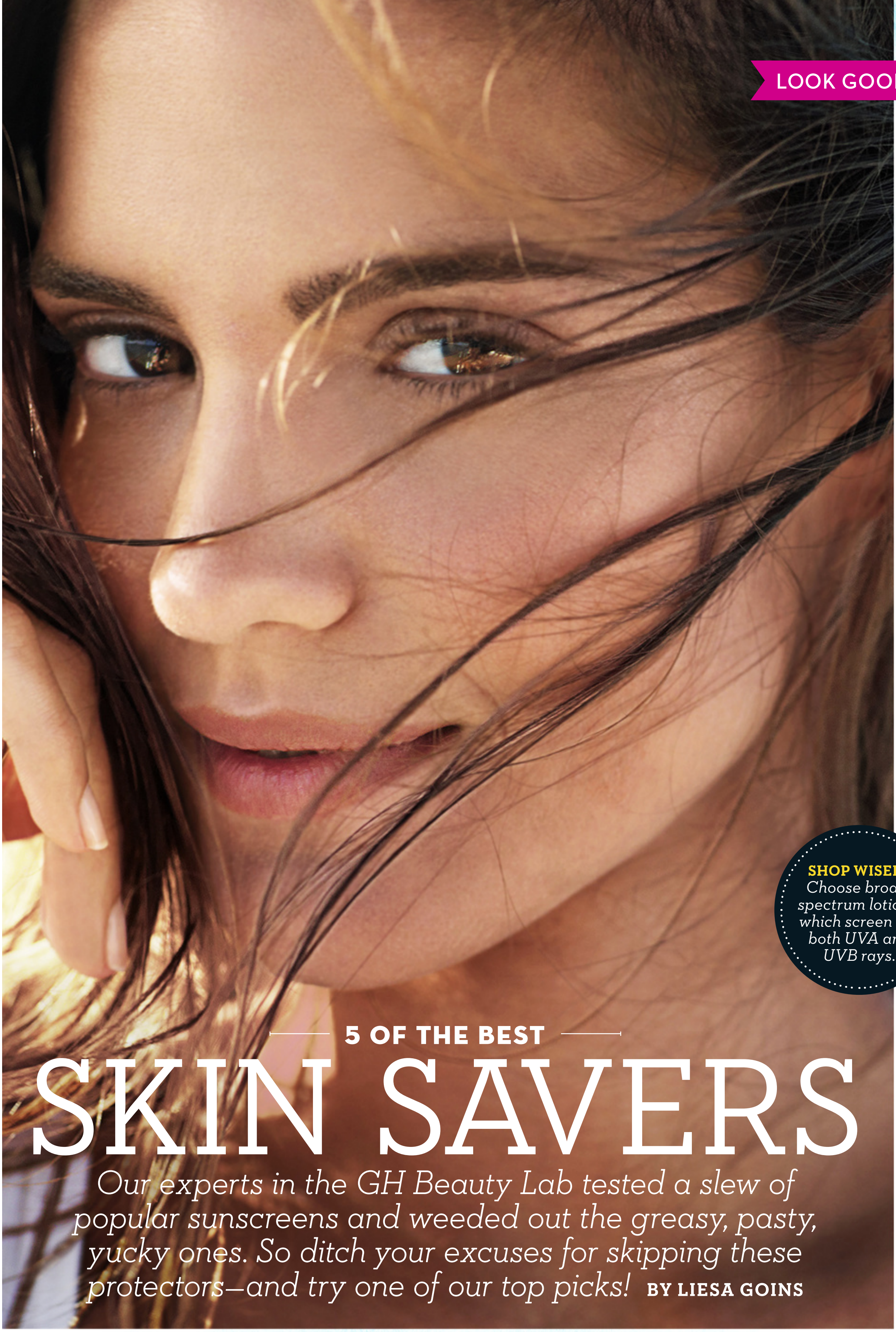
Neutrogena®

#1 DERMATOLOGIST RECOMMENDED SUNCARE



SHOP WISELY *Choose broad-spectrum lotions, which screen out both UVA and UVB rays.*

5 OF THE BEST

SKIN SAVERS

Our experts in the GH Beauty Lab tested a slew of popular sunscreens and weeded out the greasy, pasty, yucky ones. So ditch your excuses for skipping these protectors—and try one of our top picks! **BY LIESA GOINS**

Photograph by Stewart Shining/Trunk Archive

GOOD HOUSEKEEPING
★TESTED★
RESEARCH INSTITUTE

MINERAL LOTIONS

Designed to sit on top of skin, these potions deflect ultraviolet rays, making them ideal for anyone who's sensitive to sunscreen

NO STINGING! *Both sunscreens were gentle and fragrance-free—a big plus for our volunteers.*

HEFTY COVERAGE *Aveeno covered well and prevented sunburn at the beach and pool, panelists told us.*

WHITE OUT *Rub into skin vigorously to eliminate mineral residue.*

TESTER QUOTES *Fans reported this sunscreen made skin look "dewy"; naysayers said it left a "whitish cast."*

Aveeno
natural protection
50

AVEENO NATURAL PROTECTION SUNSCREEN BROAD SPECTRUM SPF 50, $11 FOR 3 OZ.; DRUGSTORES

CeraVe
Sunscreen
BROAD SPECTRUM SPF 50
SPF 50
VisibleZinc

CERAVE BROAD SPECTRUM SPF 50, $17 FOR 3 OZ.; DRUGSTORES

NONGREASY *No oily leftovers here! CeraVe got a near-perfect score for not leaving skin slippery.*

SAFE ON COTTON *These lotions were the least likely to stain in our lab tests.*

A CINCH TO APPLY *It went on easily and left less residue than the Aveeno, yet still seemed heavy-duty.*

TESTER QUOTE *"I might use this on spots where I want extra protection, like my hands, nose and chest."*

HOW WE TESTED...

➡ **"USING SUNSCREEN IS ONE** of the best ways to prevent visible signs of aging," says Steven Q. Wang, M.D., head of dermatology at Memorial Sloan Kettering Cancer Center in Basking Ridge, NJ. It's also an excellent way to protect against skin cancer: There are more than 3.5 million new cases annually; but only 14% of us wear sun protection every day, reports an American Academy of Dermatology survey. The reason? Dr. Wang blames unappealing formulas: "If you don't like it, you won't use it." To find sun protection you'll love, the GH Beauty Lab collected top-selling broad-spectrum SPF 50 sunscreens from 14 leading brands (Dr. Wang recommends high-SPF sunscreen for summer because people tend to underapply it). More than 300 testers used them in August while exercising outdoors. They reported on what felt and smelled good (and what didn't). Finally, our cleaning pros evaluated whether the products stained cotton T-shirts. Our winners should make you a convert!

Like a tiny virtual travel agent, the free app Tripomatic helps pinpoint top sights in over 400 cities worldwide (tripomatic.com).

A baby's skin is different.
So we made a different kind of sunscreen.

Neutrogena®
pure & free®
baby
SUNSCREEN
Broad Spectrum
SPF 60+
pureSCREEN®
broad spectrum uva•uvb
100% naturally sourced sunscreen ingredients
won't run into eyes and sting
water resistant (80 minutes)
#1 DERMATOLOGIST RECOMMENDED SUNCARE
Neutrogena®
pure & free®
baby
SUNSCREEN
Broad Spectrum
SPF 60+
pureSCREEN®
broad spectrum uva•uvb
ideal for face and ears
water resistant
(80 minutes)

A baby's skin is 10 times more sensitive to the environment.

With a thinner skin and a developing natural protection system, a baby's skin needs special protection from the sun and irritating chemicals. That's why Neutrogena® created Pure & Free® Baby sunscreen. Unlike the leading baby sunscreen, it has **100% naturally-sourced sunscreen ingredients.**

pureSCREEN®

Powerful protection that comes from nature.

Only Pure & Free® Baby sunscreen protects with **pure**SCREEN® — a powerful blend of physical sunscreens with no irritating chemicals. It forms a protective barrier over delicate skin, reflecting and scattering harmful UVA/UVB rays.

Clinically proven to be safe on delicate skin.

☑ no irritating chemicals
☑ fragrance free
☑ hypoallergenic
☑ won't run or sting eyes
☑ no dyes or oils

Goes on smooth, not chalky.

After trying Pure & Free® Baby sunscreen, 94% of moms agreed that it wasn't greasy or oily. It glides on effortlessly with no chalky buildup.

#ChooseSkinHealth

Neutrogena®

#1 DERMATOLOGIST RECOMMENDED SUNCARE

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GOOD HOUSEKEEPING
TESTED
RESEARCH INSTITUTE

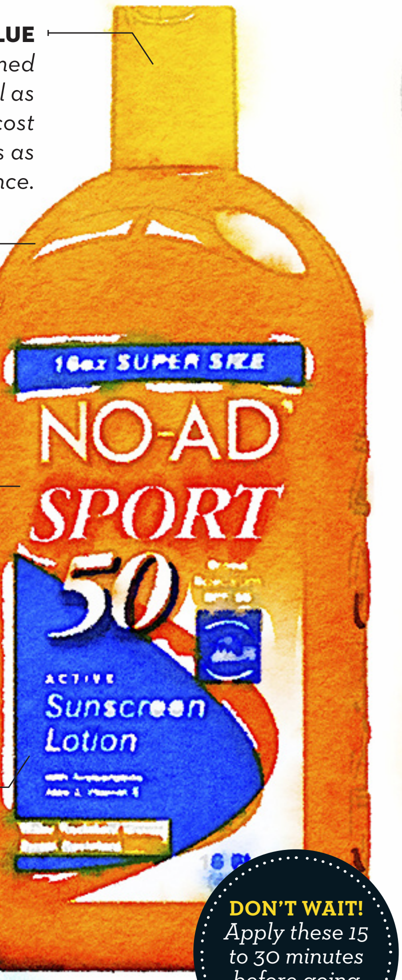
CHEMICAL LOTIONS

These are speedily absorbed and rely on UV filters to soak up the sun's radiation so it won't damage your skin

BEST VALUE
No-Ad performed just as well as sunscreens that cost up to 10 times as much per ounce.

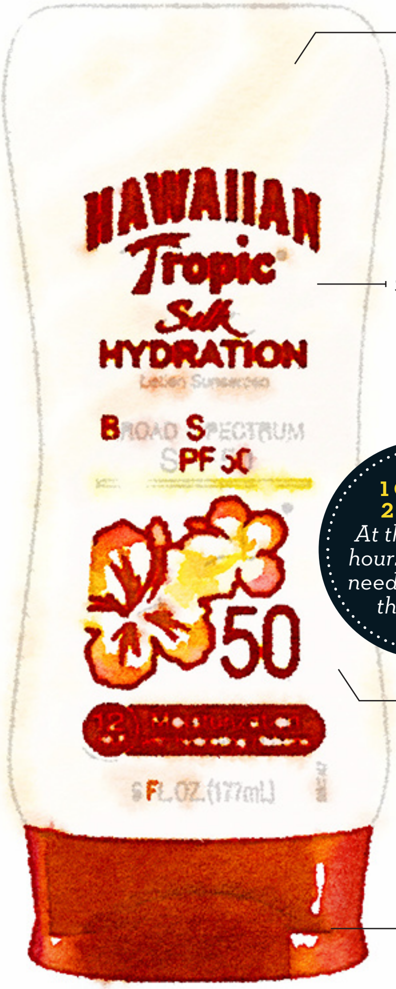
FEELS NICE
Panelists gave this high scores for its nongreasy texture.

TESTER QUOTE
"I didn't get burned after two hours at the pool in Tucson, AZ, where the sun is very intense."



NO-AD SPORT BROAD SPECTRUM SPF 50, $10 FOR 16 OZ.; DRUGSTORES

DON'T WAIT!
Apply these 15 to 30 minutes before going outdoors.



SMOOTH OPERATOR
Neither greasy nor tacky, this was the easiest to apply and best absorbed. It left no residue.

SUMMERY SCENT
Its tropical fragrance was a hit, giving users extra incentive to be sun-safe.

1 OZ. PER 2 HOURS
At the pool six hours? You may need to use half the bottle!

TESTER QUOTE
"I would use this sunscreen as a daily moisturizer—I love the way it makes my skin feel."

HAWAIIAN TROPIC SILK HYDRATION SUNSCREEN BROAD SPECTRUM SPF 50, $10 FOR 6 OZ.; DRUGSTORES

...AND WHAT WE FOUND

➡ **TEXTURE WAS THE NUMBER ONE** predictor of a sunscreen's likability, just as Dr. Wang anticipated. Hands down, testers preferred the sheer feel of the No-Ad and Hawaiian Tropic products, *above*, to the mineral options. (Note: Chemical and mineral sunscreens prevented sunburn equally well.) Our biggest surprise: Although spray sunscreens are generally thought to be easy to use, our testers disagreed, finding them greasier than lotions (if you love aerosol, our top pick is on page 30). Beyond texture, the other big factors in a sunscreen's popularity were how fast it was absorbed, its fragrance and whether it stained clothing. On that score, mineral sunscreens beat out chemical formulas: Our tests, in which we dirtied white cotton T-shirts with sunscreen and then washed them in hot water and detergent, showed that Aveeno and CeraVe were least likely to stain; No-Ad was a runner-up.

For smoother legs, wait a few minutes after you hop into the shower before shaving. (Warm water softens the hair.)

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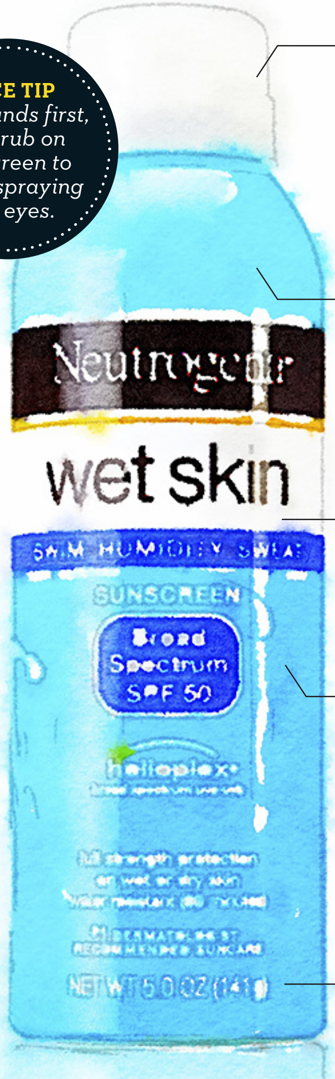
GOOD HOUSEKEEPING
TESTED
RESEARCH INSTITUTE

SPRAY FORMULA

It's convenience in a can, but you'll need to make several passes to ensure coverage

FACE TIP
Mist hands first, then rub on sunscreen to avoid spraying it in eyes.



BEST AEROSOL
This quick-drying formula didn't sting or irritate skin. Plus, its non-tacky feel made it a standout.

GOES ON EASILY
Its speed of application came in handy, said volunteers; it could prove useful when wrestling with impatient kids.

GOOD CONTROL
In our lab test, this spray hit its target area with the least dispersion.

TESTER QUOTE
"I liked the cool sensation I felt when applying this sunscreen."

NEUTROGENA WET SKIN SPRAY BROAD SPECTRUM SPF 50, $12 FOR 5 OZ.; DRUGSTORES

BE SUN-SMART

➡ **SUNSCREEN ISN'T THE ONLY WEAPON** in your arsenal against skin cancer, wrinkles and spots. The best defense is staying out of the sun (or minimizing exposure) when it's strongest—10 A.M. to 4 P.M.—and wearing UV-protective clothing. Certain areas, like the skin around your eyes and on your scalp, are especially prone to sun damage; protect them by wearing a hat with a three-inch brim and UV-blocking sunglasses. For further guidelines, visit skincancer.org.

GRADUAL SELF-TANNERS

Skip the sun but not the glow! These lotions go on like moisturizer, don't stain and darken skin after just a few days' use.

HOW WE TESTED We sent 13 different gradual self-tanners to 250+ women across the U.S., then tested in the Lab how well they moisturized skin. Any of these could replace body lotion.

Most Moisturizing

SUAVE PROFESSIONALS
Visible Glow, $8
It took top hydrating honors, and testers voted it easy to apply thanks to its creamy consistency. Bonus: a clean scent.
Drugstores

Best Value

NATURE'S GATE
Glow Lotion, $14
In a 16-ounce dispenser, this rings in at 88¢ per ounce, and it was best at providing the desired tan.
Whole Foods

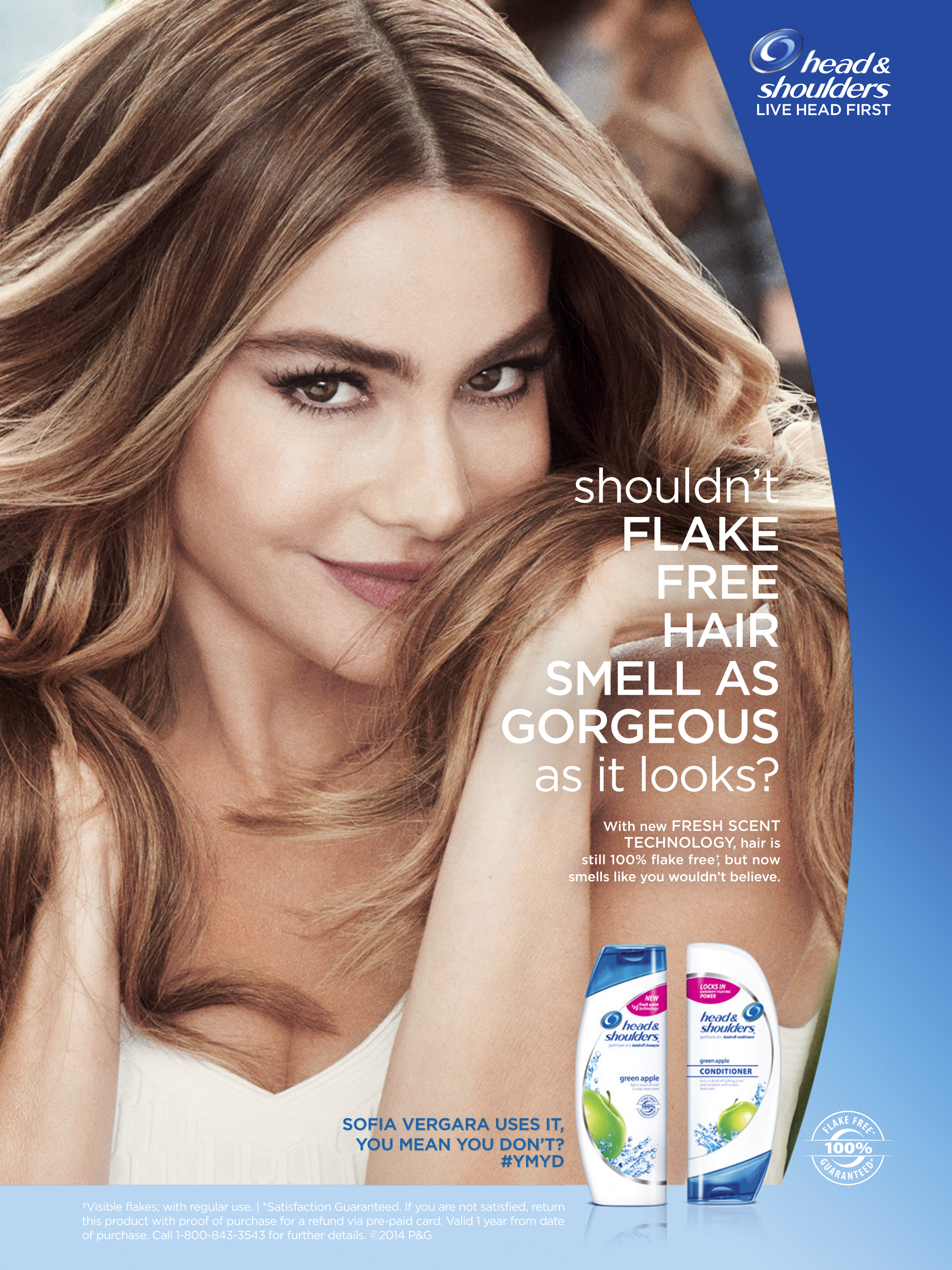
Tester Favorite

NIVEA *Sun-Kissed Radiance, $8*
For delivering a natural-looking, streak-free tan, this bargain outperformed self-tanners that cost three times as much.
Drugstores

Quick-Drying

JERGENS *Natural Glow Daily Moisturizer, $9*
Testers found it easy to apply and liked the scent. It also comes in a foam version that's just as moisturizing.
Drugstores

Too hot? Catch a movie and enjoy the AC. Out this summer: *The Fault in Our Stars, The Hundred-Foot Journey* with Helen Mirren and *Jersey Boys.*


NEW
fresh scent technology
head & shoulders
green apple
LOCKS IN DANDRUFF FIGHTING POWER
head & shoulders
green apple
CONDITIONER

head & shoulders
LIVE HEAD FIRST

shouldn't
FLAKE
FREE
HAIR
SMELL AS
GORGEOUS
as it looks?

With new FRESH SCENT TECHNOLOGY, hair is still 100% flake free†, but now smells like you wouldn't believe.

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YOU MEAN YOU DON'T?
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†Visible flakes; with regular use. | *Satisfaction Guaranteed. If you are not satisfied, return this product with proof of purchase for a refund via pre-paid card. Valid 1 year from date of purchase. Call 1-800-843-3543 for further details. ©2014 P&G

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all day moisturizer
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SPF 15
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Streamline your regimen and turn back the clock with NEW **Olay Total Effects 7-in-1 Anti-Aging SPF 30 Moisturizer**. Created with SolaSheer Technology™ to protect from the sun's harmful UVA/UVB rays, and formulated with a proven vitamin-rich complex to fight the 7 signs of aging, Olay Total Effects reduces the appearance of fine lines, wrinkles, age spots and pores, all while smoothing and evening skin's texture.

OLAY
TOTAL effects
7 IN ONE
anti-aging moisturizer
with sunscreen
BROAD SPECTRUM SPF 30

Give your skin essential Olay moisture, UV protection, and nourishing vitamin E for a lifetime of beautiful skin with **Olay Complete All Day UV Moisture Cream SPF 15**. The lightweight, non-greasy formula provides lasting hydration with a barely-there feel to help heal, protect, and condition skin. Broad spectrum SPF 15 (UVA/UVB) sunscreen specifically designed for daily incidental sun exposure helps protect skin.

SKIN CANCER FOUNDATION

30 SolaSheer TECHNOLOGY™

To help drive awareness,
Olay is donating to The Skin
Cancer Foundation.

OLAY
YOUR BEST BEAUTIFUL™

For safe sun tips and tricks, check out Olay Beauty Notes at **olaystories.com**.

Olay
TOTAL effects
7 IN ONE
anti-aging moisturizer
with sunscreen
BROAD SPECTRUM SPF 30
NEW
30
SolaSheer
TECHNOLOGY™
SKIN CANCER FOUNDATION

"I WILL NEVER CHOOSE BETWEEN UV PROTECTION AND BEAUTY AGAIN."

HILLARY FOGELSON
SKIN CANCER SURVIVOR

Introducing new Olay Total Effects SPF 30 with SolaSheer Technology.™ It's **UVA/UVB protection and anti-aging in one.** Youthful skin – with a mission.

Share Hillary's story, and yours, at Olaystories.com.

To help drive awareness, Olay is donating to The Skin Cancer Foundation.

Olay
TOTAL effects

YOUR BEST BEAUTIFUL™

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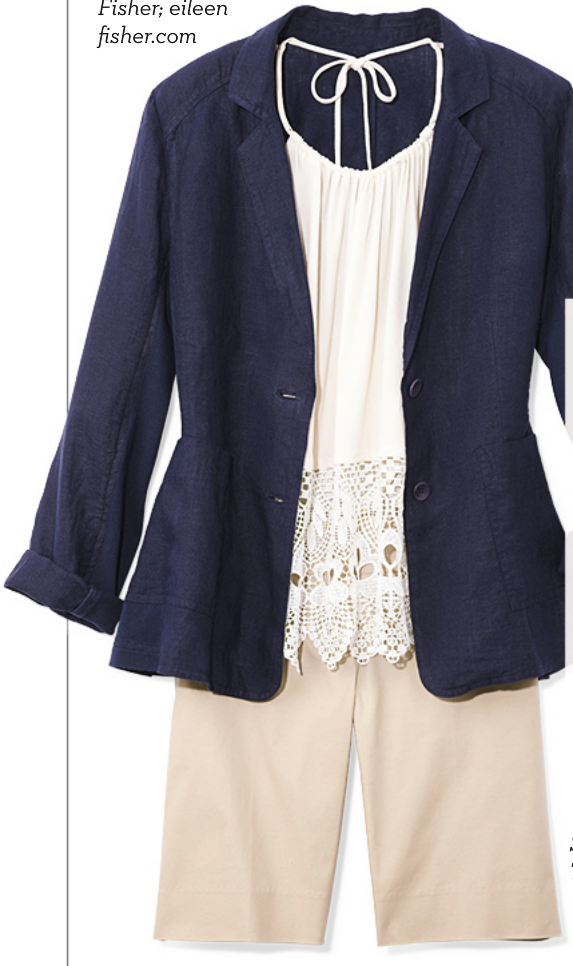
Style News

Who, What, Wear & Why Not?!



Jacket, $218, Eileen Fisher; eileenfisher.com

Top, $38, ThreadSence; threadsence.com

Shorts, $50, The Limited

SUDDENLY EVERYWHERE

Bermuda Shorts

What's now: These classic summer pants have made a comeback and will take you from the beach to cocktails on the patio with a few chic upgrades.

Here's how: Layer a breezy little top, like a cotton lace halter (this one reveals some skin), under an unstructured linen blazer for effortless weekend polish.

+ Wrist List

Accessorize your new Bermuda uniform with summery arm candy that suits your mood

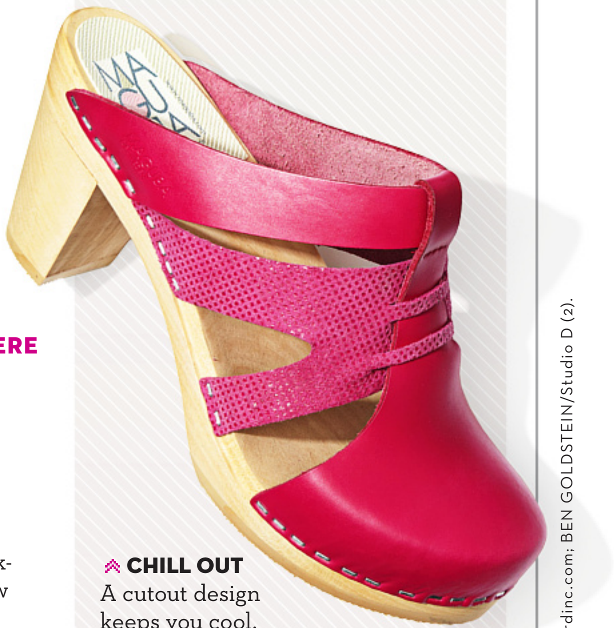
NATURAL
This was carved from upcycled materials. *$55, The Base Project, shoplatitude.com*

DARING
Dazzling enamels add color and shine. *$30 each, Coldwater Creek, coldwatercreek.com*

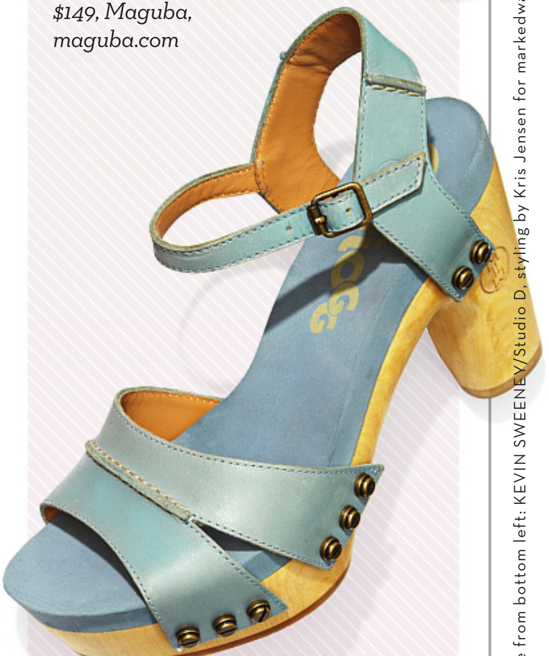
SOPHISTICATED
A tortoiseshell-inspired cuff is all about elegance. *$145, Vivo, 305-661-0159*

Not Just for Hippies

The next generation of clogs steps up with modern designs, chunky heels and bold colors.



CHILL OUT
A cutout design keeps you cool. *$149, Maguba, maguba.com*



GO COMFY
The foam sole is cushy. *$135, Flogg, wearfloggs.com*

Make adult "poptails" for a grown-up treat:
Freeze a bellini, a mix of peach juice and Champagne.

SHOPPING DETAILS, page 154

Photographs, clockwise from bottom left: KEVIN SWEENEY/Studio D, styling by Kris Jensen for markedwardinc.com; BEN GOLDSTEIN/Studio D (2).

LIVE LIFE
TO THE
[ ].
Nature's Way
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• Made with Fruits & Vegetables
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Complete formulas made with high potency B-vitamins to help convert food into energy,* plus fruits and vegetables. Visit FeelAlive.com.

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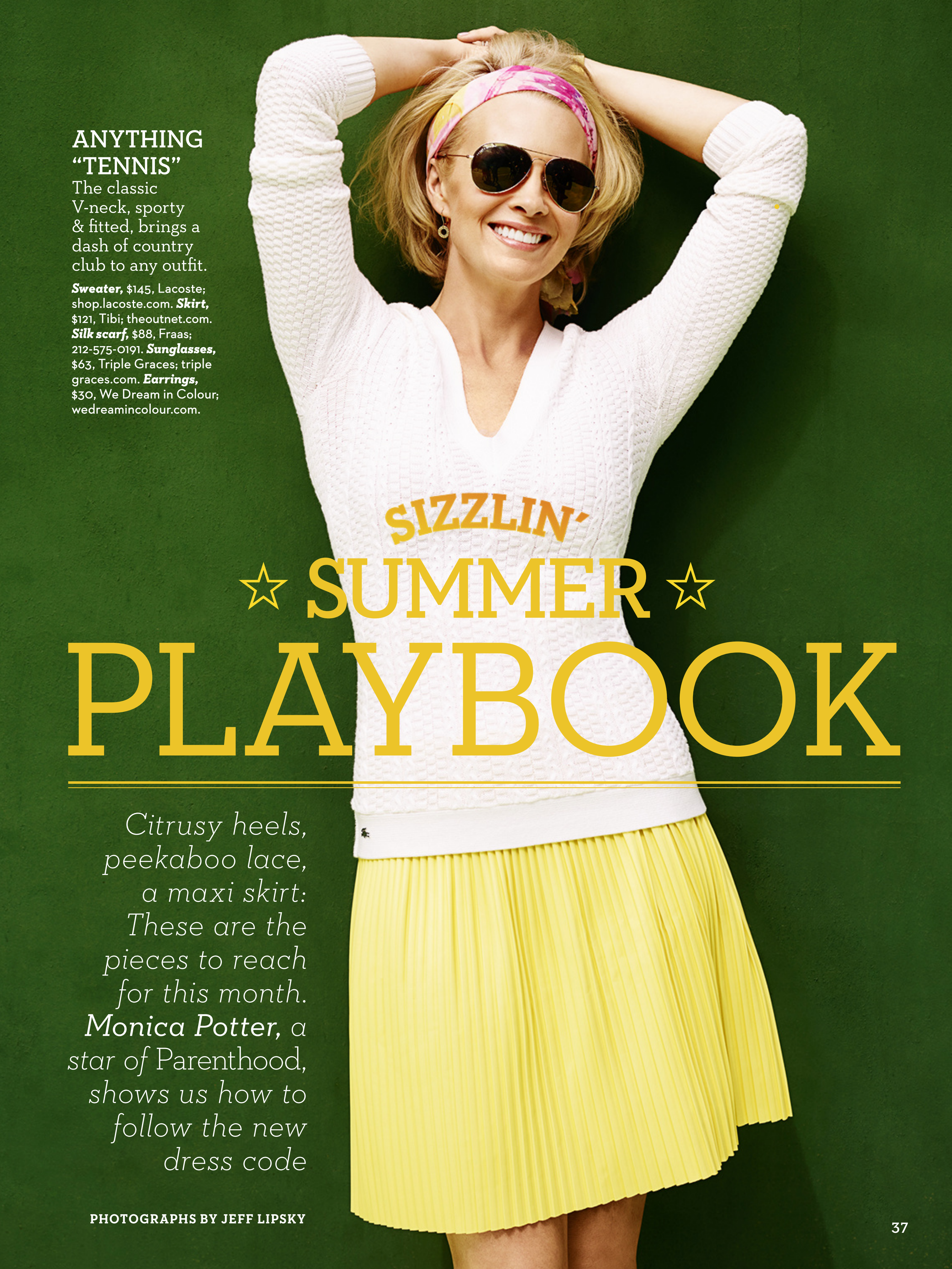


SIZZLIN' ☆ SUMMER ☆ PLAYBOOK

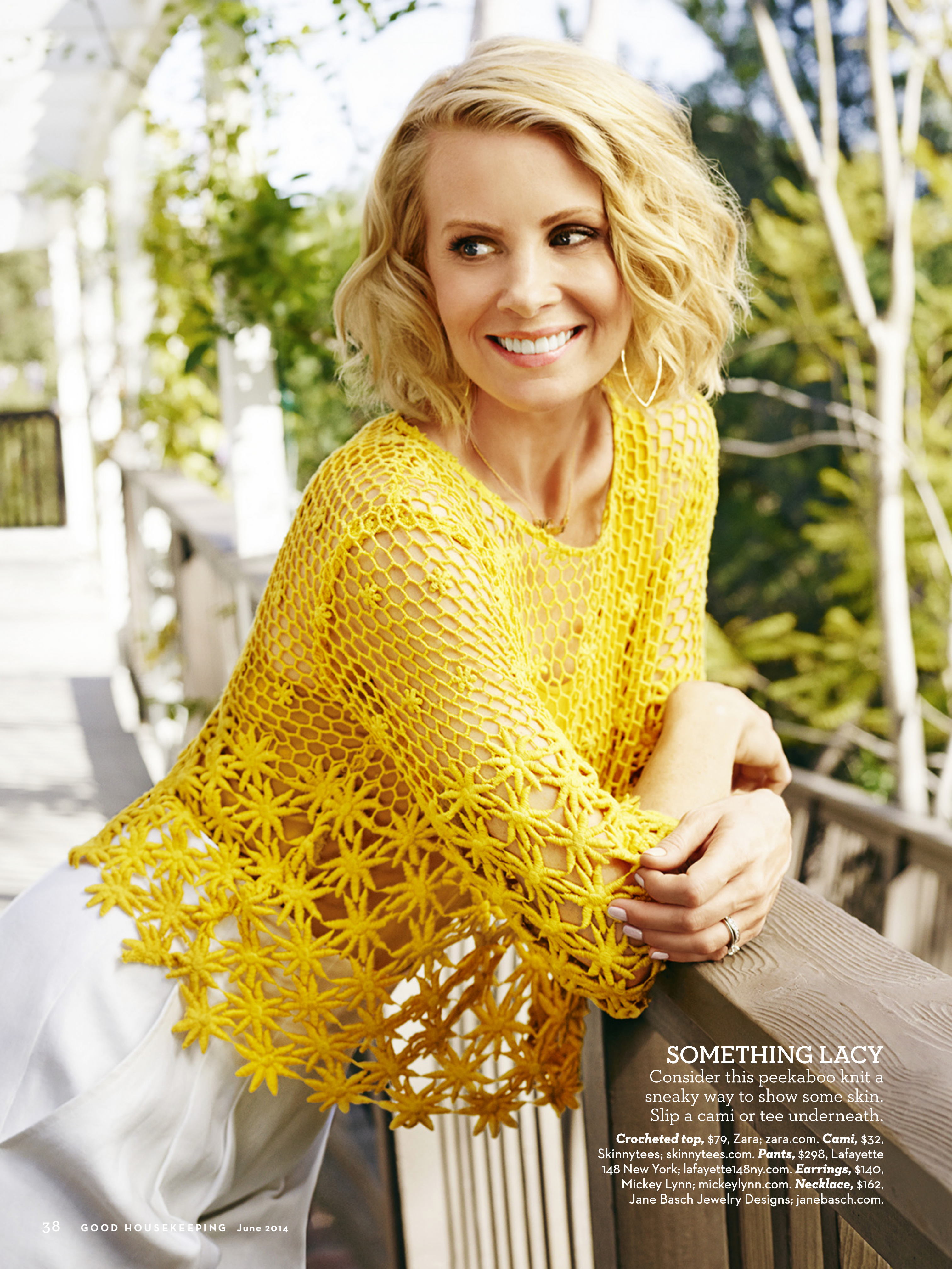
Citrusy heels, peekaboo lace, a maxi skirt: These are the pieces to reach for this month. ***Monica Potter,*** *a star of* Parenthood, *shows us how to follow the new dress code*

ANYTHING “TENNIS”

The classic V-neck, sporty & fitted, brings a dash of country club to any outfit.

Sweater, $145, Lacoste; shop.lacoste.com. ***Skirt,*** $121, Tibi; theoutnet.com. ***Silk scarf,*** $88, Fraas; 212-575-0191. ***Sunglasses,*** $63, Triple Graces; triplegraces.com. ***Earrings,*** $30, We Dream in Colour; wedreamincolour.com.

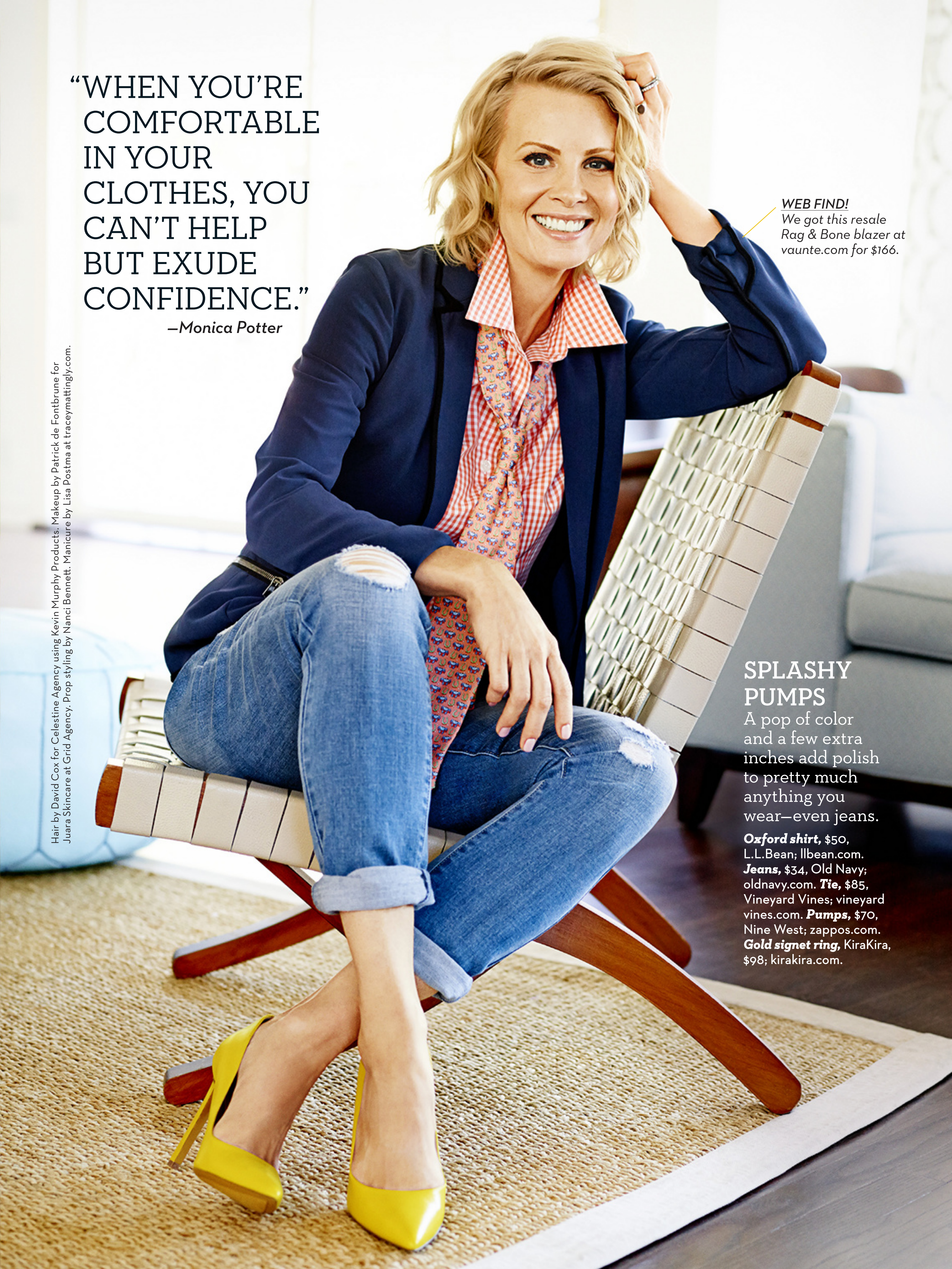
PHOTOGRAPHS BY JEFF LIPSKY



SOMETHING LACY

Consider this peekaboo knit a sneaky way to show some skin. Slip a cami or tee underneath.

Crocheted top, $79, Zara; zara.com. ***Cami,*** $32, Skinnytees; skinnytees.com. ***Pants,*** $298, Lafayette 148 New York; lafayette148ny.com. ***Earrings,*** $140, Mickey Lynn; mickeylynn.com. ***Necklace,*** $162, Jane Basch Jewelry Designs; janebasch.com.



> “WHEN YOU’RE COMFORTABLE IN YOUR CLOTHES, YOU CAN’T HELP BUT EXUDE CONFIDENCE.”
>
> *—Monica Potter*

WEB FIND!
We got this resale Rag & Bone blazer at vaunte.com for $166.

SPLASHY PUMPS

A pop of color and a few extra inches add polish to pretty much anything you wear—even jeans.

Oxford shirt, $50, L.L.Bean; llbean.com. ***Jeans,*** $34, Old Navy; oldnavy.com. ***Tie,*** $85, Vineyard Vines; vineyardvines.com. ***Pumps,*** $70, Nine West; zappos.com. ***Gold signet ring,*** KiraKira, $98; kirakira.com.

Hair by David Cox for Celestine Agency using Kevin Murphy Products. Makeup by Patrick de Fontbrune for Juara Skincare at Grid Agency. Prop styling by Nanci Bennett. Manicure by Lisa Postma at traceymattingly.com.

A FLOOR-SKIMMING SKIRT

Pair a swishy maxi with a tank and a skinny belt (this one is built in!). Just throw on flip-flops and you're ready to go.

Tank top, $58, Nic + Zoe; nicandzoe.com. ***Skirt,*** $49, Lulu's; lulus.com.

"Mrs. Potter's" Signature Rose Jam,

PAGE 151

Sure, she's a Golden Globe–nominated actress on a hit TV show, but Monica Potter has an equally successful side gig: **mrspotter.com,** a cool site where you'll find craft projects, make-'em-yourself beauty products, tempting treats and more.

> "I LOVE THE WAY THIS DRESS FLOWS—IT ALMOST FEELS LIKE I'M NOT WEARING ANYTHING."
>
> —*Monica Potter*

Monica's Hometown Faves

Los Angeles

Antonio's Pizzeria, in Sherman Oaks, has a dish named after me—Pasta Monica. Onions, meat, garlic, tomatoes... my mouth is watering just thinking about it!

Nail Boutique
I've been going to this Studio City salon since I was pregnant with my 8-year-old, Molly. For Valentine's Day, she got a mani with little hearts; for Easter, tiny eggs. We're big on holidays.

Fryman Canyon
The whole family hikes in this park in the Santa Monica Mountains. Recently, a bunch of us went—my husband, my ex-husband, all the kids. Ray Romano passed us on the way up. He was like, "Who *is* this group of people?"

Limelight
This Studio City boutique is the place to go in summer, because it has the best linen pants. It feels as if each piece was hand-picked just for you.

Heaven Massage & Wellness Center
My husband, Daniel, and I have date nights that revolve around getting massages at this Sherman Oaks spa, then going for Thai food.

A HALTER NECKLINE

Simple and shoulder-baring, this is the dress you'll want to live in all summer.

Dress, $185, Banjanan; shoplatitude.com. ***Earrings,*** $75, Kesha Rose by Charles Albert; kesharose.com. ***Bangle set,*** $89, Bajalia; hsn.com.

☆ 10 TELLING ANSWERS

—Monica Potter

Check out her take on everything from her favorite getaway to fashion faux pas (those skinny jeans—bad, bad idea).

THREE CELEBS YOU'D LIKE TO BE STUCK ON AN ELEVATOR WITH Paula Deen, Dennis Rodman and Donald Trump. *That* would be an interesting conversation.

BEST COMPLIMENT YOU'VE EVER RECEIVED Someone once told me, "You remind me of your dad."

FASHION TREND YOU REGRET FOLLOWING Skinny jeans. They're tight in the crotch, and they hurt my stomach and cause gas. They also make feet look huge—and mine are size 10!

WORD YOU USE WAY TOO MUCH "Awesome." Or "crap"—I say it *a lot*.

FAVORITE GETAWAY Savannah, Georgia—history, mystery and ghost tours.

FAVORITE WEBSITE San Francisco Bath Salt Company [sfbsc.com]. I order 300 lbs. at a time, keep it in my garage and use it to make homemade facial scrubs.

IF YOUR LIFE WERE A MOVIE, THE TITLE WOULD BE... *Controlled Chaos*. Life can be pretty overwhelming at times, but I do the best I can and just make sure all the plates are spinning.

BEST ADVICE YOUR MOM EVER GAVE YOU "Make your own money—don't rely on anyone to carry your weight." I worked at a flower shop at 13, and I've been working ever since.

SUMMER TUXEDO PANTS

Add a white silk tunic to these black studded leggings and kick weekend lounging up a notch.

Blouse, $278, Tucker by Gaby Basora; trilogystores.co.uk. ***Leggings,*** $142, Lisette L; lisettel.com. ***Ring,*** $75, Gottex Jewelry; gottexjewelry.com. ***Belt,*** $149, Peruvian Connection; peruvianconnection.com. ***Sandals,*** $179, Canfora; canfora.com.

SHOPPING DETAILS, page 154

PERSON WITH WHOM YOU'D MOST LIKE TO TRADE PLACES FOR A DAY
Jay-Z—I want to see what it's like being married to Beyoncé.

MOST EMBARRASSING SONG ON YOUR IPOD
"MMMBop" by Hanson. I also like Eminem. Go figure.

Call it your
"I FEEL LIKE DINING
OUT AGAIN TONIGHT"
collection.
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We call it the Custom Collection. You can call it yours. From furniture styles to fabrics to accents, you design the unique allen + roth patio set to achieve the look you desire. Create and order your collection now at Lowes.com/Patio and have it delivered within a week.

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GOOD★HOUSE

WHAT MAKES MY HOUSE A HOME?

"Enjoying summer nights under the glow of string lights."

—SUSAN M. GOECKEL, EAST AMHERST, NY

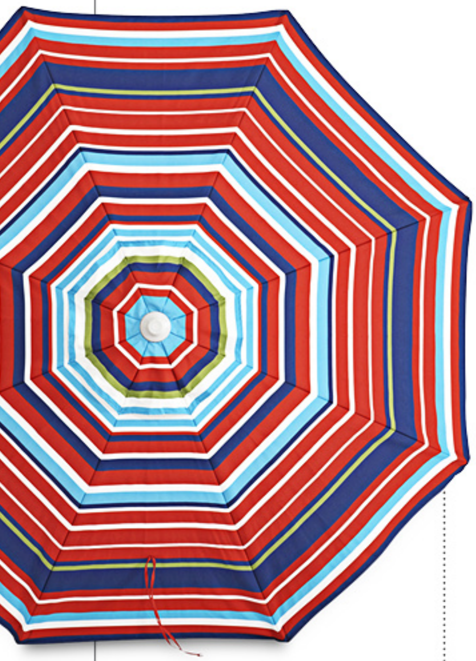
BACKYARD ENCHANTMENT Create the coziness of a campfire with the 30-inch All-in-One Copper Fire Pit ($100, plowhearth.com).

Photograph by Getty Images

Postmark the memories. On the last day of a trip, send yourself a postcard. Receiving it will remind you of the fun.

Take It Outside

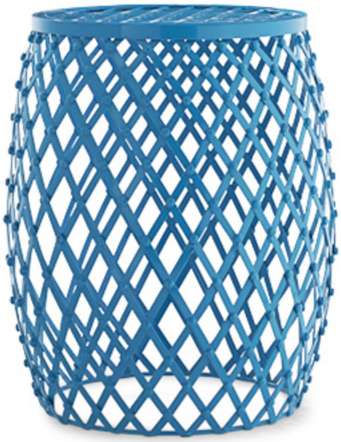
New tools and decor to spruce up your patio



SHADY BUSINESS
Fun way to shun the sun: a seven-foot-wide table umbrella. **$40, lowes.com**

THE RIGHT FLUFF
Grab this pillow for a late-afternoon snooze (the sun-resistant fabric won't fade). **$25, grandinroad.com**

HOME, TWEET HOME
This handcrafted bird feeder comes in seven colors. **$155, jschatz.com**

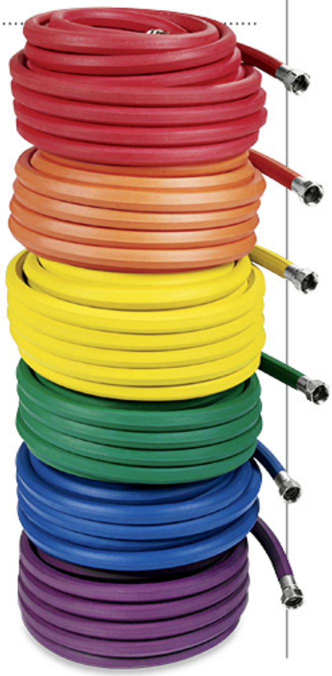


LATTICE HELP
A painted-metal side table works as a stool, too. **$40, HomeGoods**

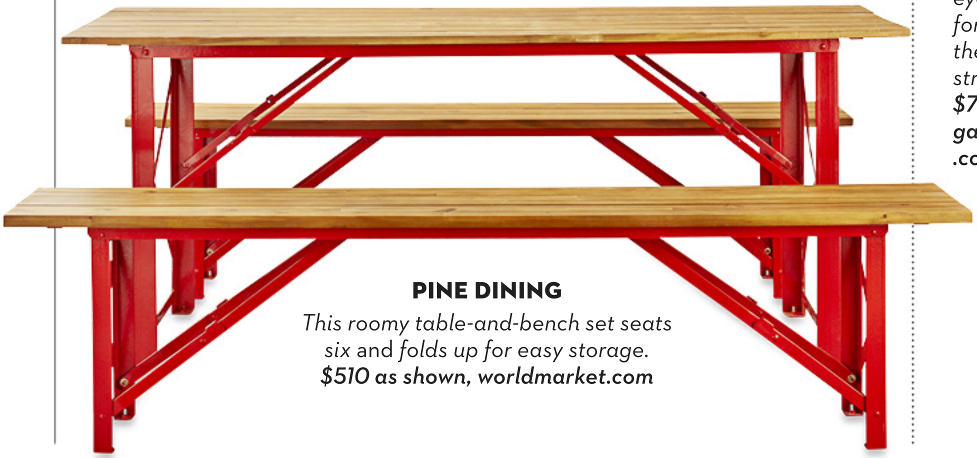
CAN YOU DIG IT?
With these mint-dipped garden tools, you can. **$40 for set, paper-source.com**

Aced our lab tests!

NOW HEAR THIS
Blast Katy Perry by the pool with this Bluetooth speaker. **$130, ecoxgear.com**



GARDEN VARIETY
Trade that tangle-prone neon-green eyesore for one of these stylish streamers. **$70, gardeners.com**



PINE DINING
This roomy table-and-bench set seats six and folds up for easy storage. **$510 as shown, worldmarket.com**

For iced coffee anytime, freeze coffee in an ice cube tray. Pop a few cubes in a glass of milk.

Banana Boat
Kids free
50+
Broad Spectrum SPF 50+

Monumental protection, now in a gentle spray.

New Banana Boat® KidsFree Sunscreen draws a line in the sand. It's the only kids' clear spray that protects as fiercely as you would, while still being as gentle as you are. We've got you covered.

❶ tear free ❷ sting free ❸ alcohol free

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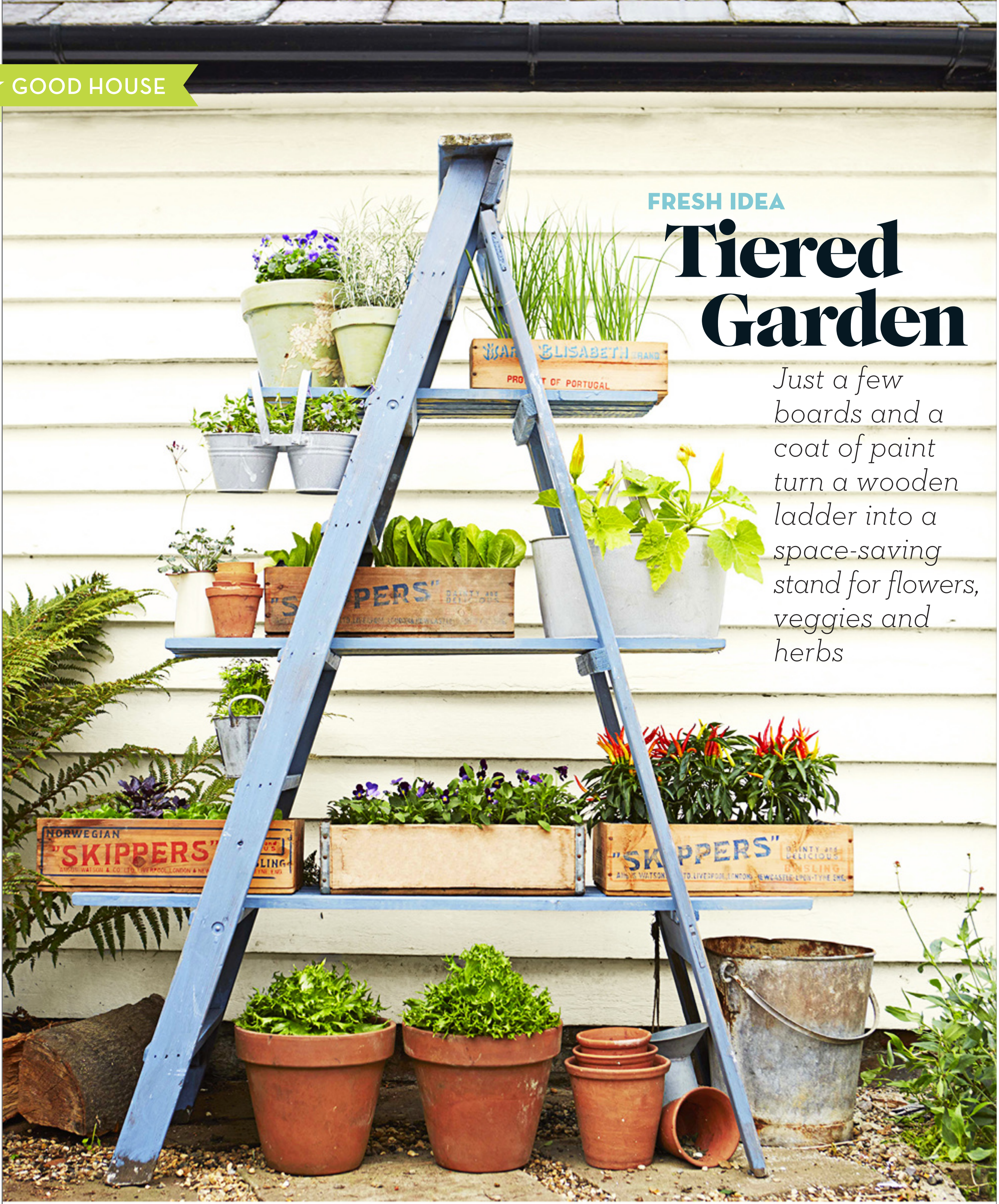
ELISABETH BRAND
PRODUCT OF PORTUGAL
"SKIPPERS"
NORWEGIAN
"SKIPPERS"
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FRESH IDEA

Tiered Garden

Just a few boards and a coat of paint turn a wooden ladder into a space-saving stand for flowers, veggies and herbs

Top photograph reproduced by permission of DK, a division of Penguin Random House (USA) from *Small Space Garden Ideas* by Philippa Pearson. © 2014 by DK. All rights reserved.

GET THE LOOK

Redwood plant stand, $62; atgstores.com

Valspar paint in Encounter, $40 per gallon; Lowe's

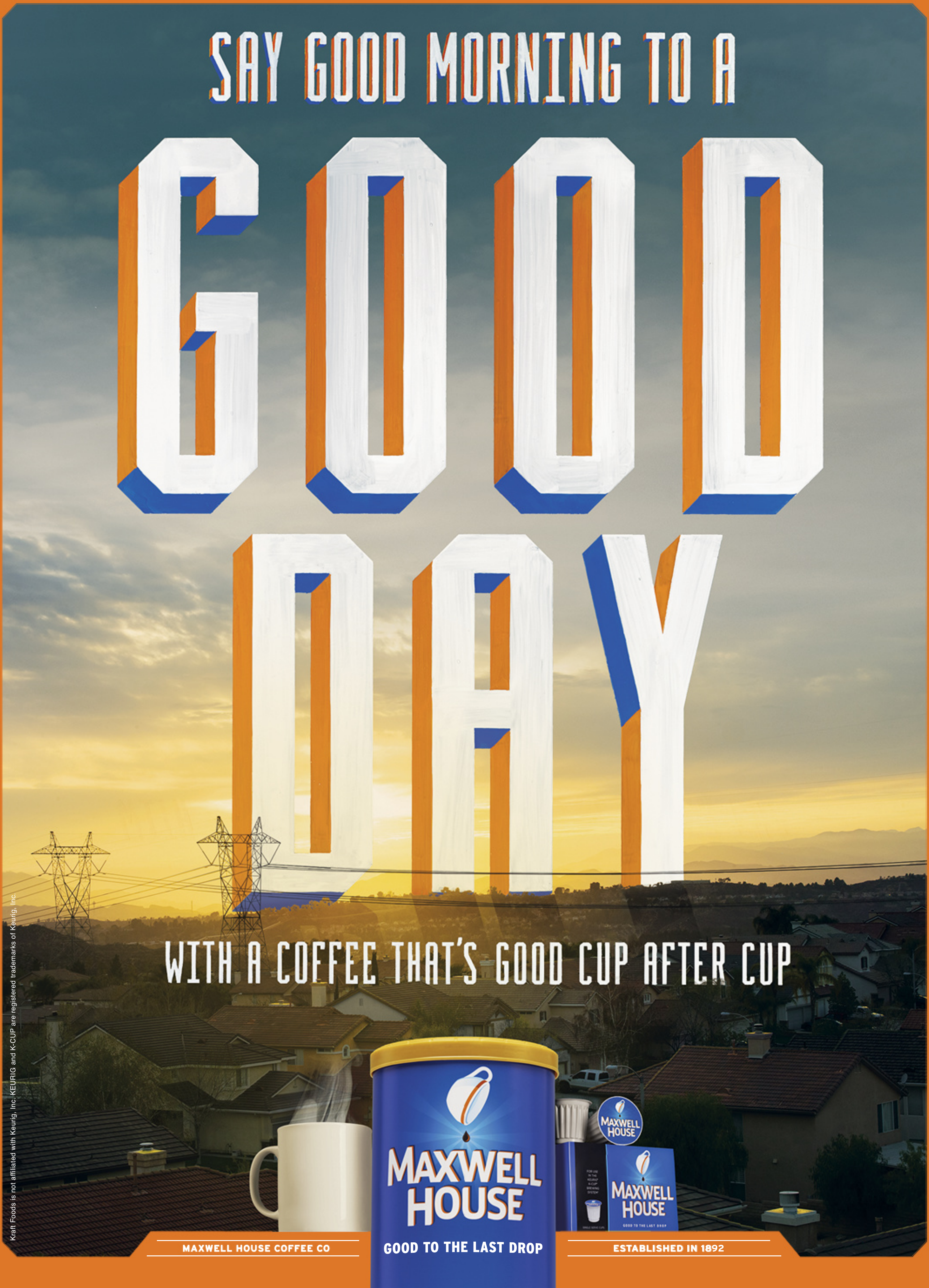
APPLES
SELECT

Wald Imports wood planters, $40 for three; hayneedle.com

DIY IT!

We found this genius idea in the book Small Space Garden Ideas. *See the step-by-step at goodhousekeeping .com/stepladder.*

Roll down the windows and enjoy a film alfresco. Go to drive-ins.com to find one near you.



SAY GOOD MORNING TO A

GOOD DAY

WITH A COFFEE THAT'S GOOD CUP AFTER CUP

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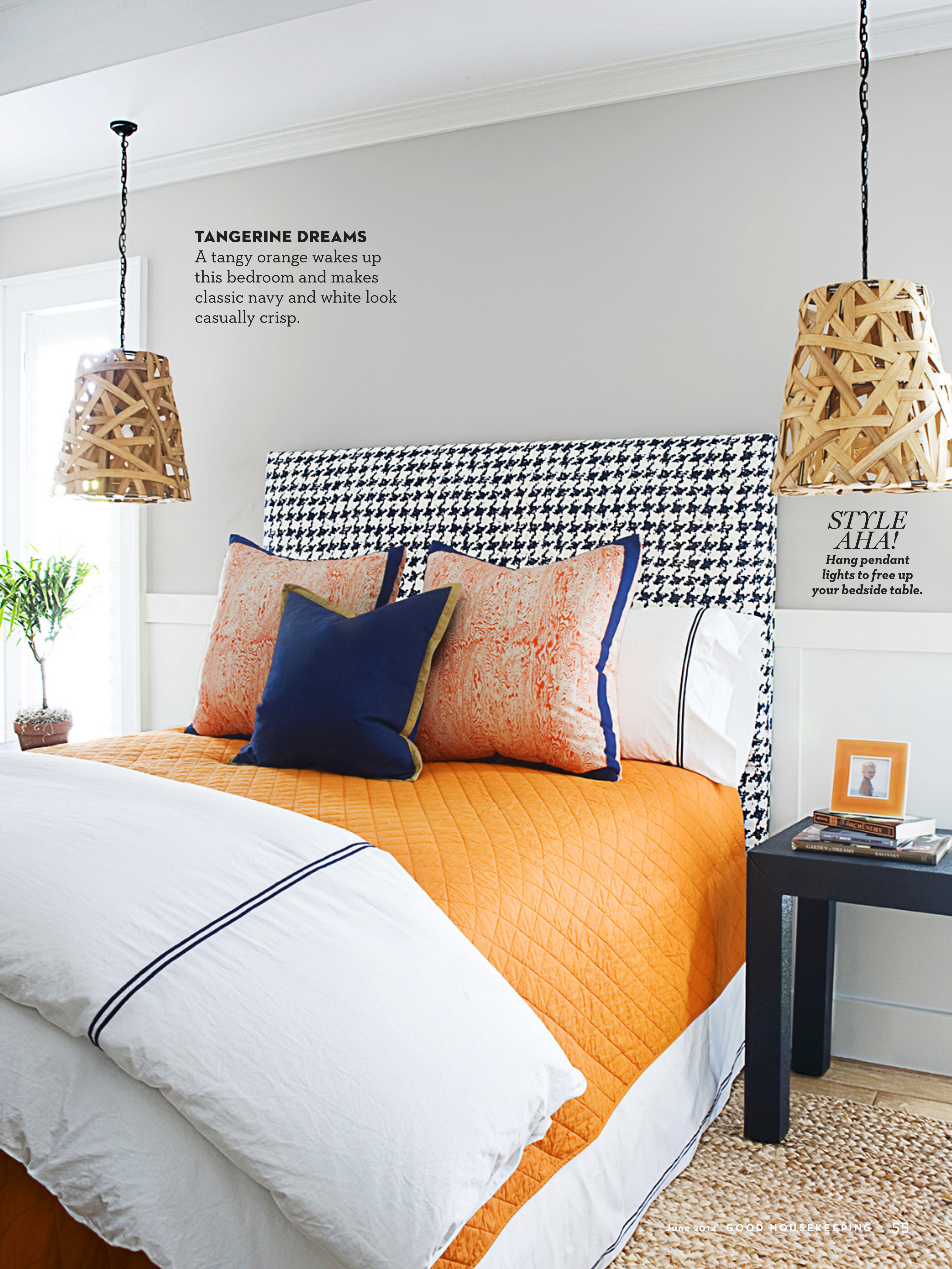
SUPER-EASY, FUN & breezy

Give any room in your house a warm-weather makeover with hits of splashy color and laid-back, pool-inspired style. Kick back, relax and enjoy the endless days of summer!

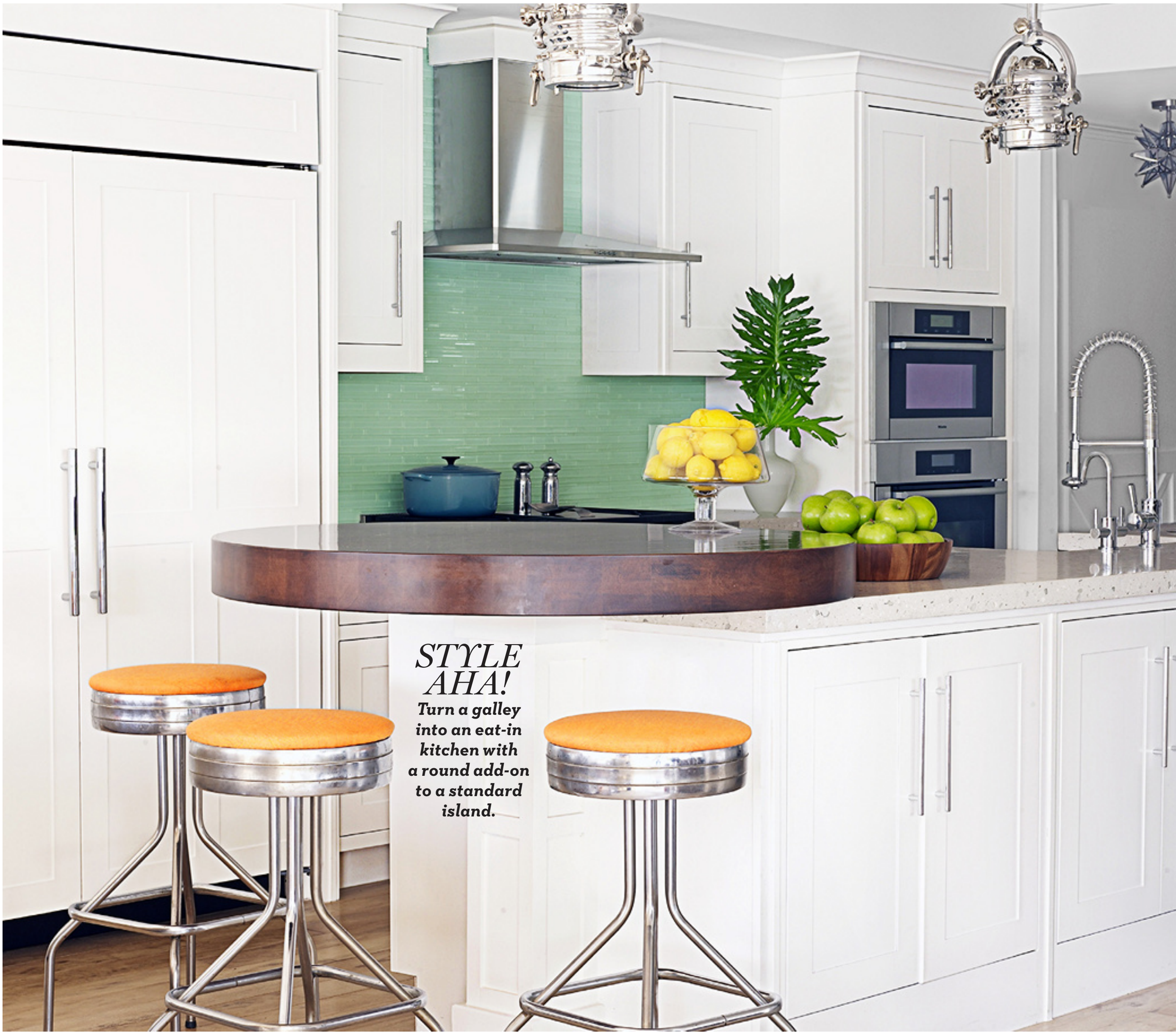
Photographs by Stacy Bass

Design your own sunglasses: Choose from thousands of options at madeeyewear.com.



TANGERINE DREAMS
A tangy orange wakes up this bedroom and makes classic navy and white look casually crisp.

STYLE AHA!
Hang pendant lights to free up your bedside table.

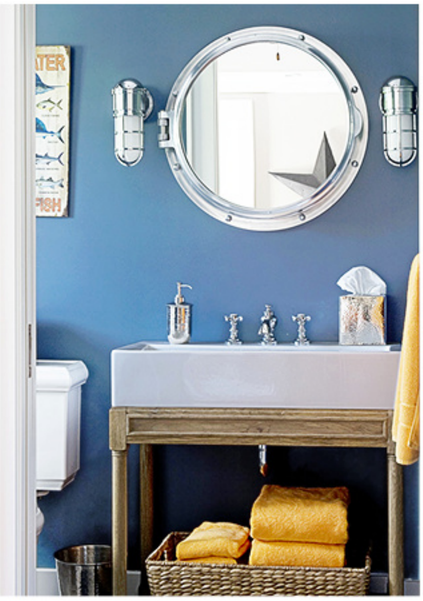


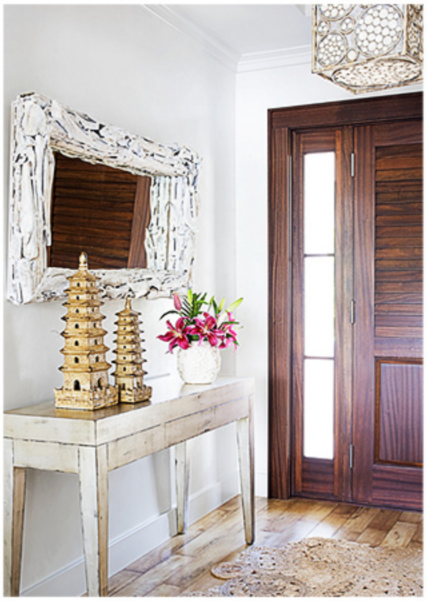
STYLE AHA!

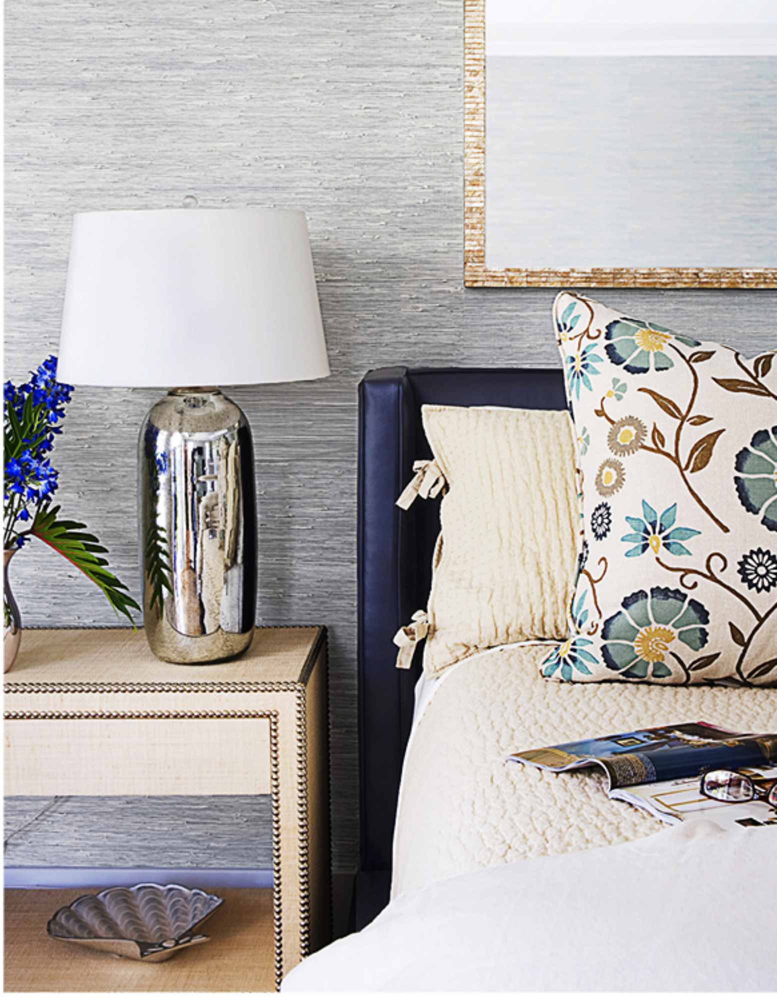
Turn a galley into an eat-in kitchen with a round add-on to a standard island.

When the owner of this Naples, Florida, home stumbled upon this set of stools with vibrant orange tops, *above,* at a second-hand store, it started her on a design journey to create a comfy, chic and low-maintenance home—a place with plenty of spots to hang out, where family and friends could come and stay. Instead of loading it up with kitschy shells and anchors, she made beachy tweaks: using pops of high-impact colors; bypassing heavy rugs for lightweight cotton and natural jute; and adding accessories, like nautical lights and driftwood mirrors, that reference waterside life without going overboard. The best part: This coastal-cool style works in any home, whether you live inland or by the sea.

Book a last-minute getaway with airbnb.com or onefinestay.com and get out of town for a quick refresher.



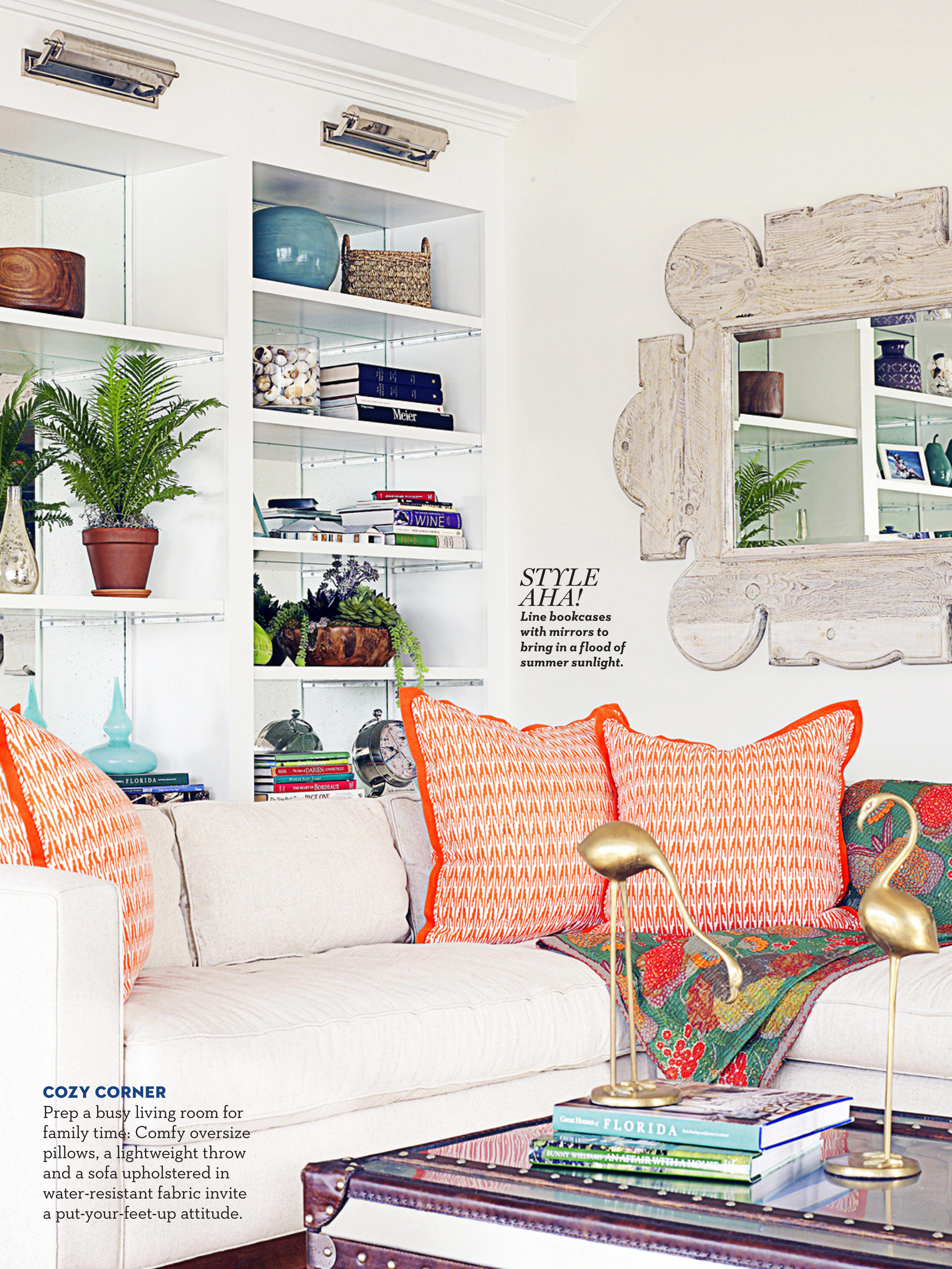




NAUTICAL NOTES
In a bathroom that's highly trafficked, *top*, low-maintenance details like fingerprint-proof hammered-metal accessories make upkeep easy. Just load up a cute basket with bright towels, and you're ready for guests!

DRIFTWOOD ACCENTS
In the entryway, sun-bleached tones get a boost from a deeply stained door—a contrast that makes the foyer look brighter.

SOOTHING SANCTUARY
Ocean colors like blue sea grass wallpaper, *top right*, are calming in a bedroom.



STYLE AHA!

Line bookcases with mirrors to bring in a flood of summer sunlight.

COZY CORNER

Prep a busy living room for family time: Comfy oversize pillows, a lightweight throw and a sofa upholstered in water-resistant fabric invite a put-your-feet-up attitude.

surf ON TURF

Dip in and create your own at-home summer getaway

COASTAL

Get inspired by sunny beachcomber finds (e.g., sea glass, coral, driftwood)

Faux Coral, $25 to $60, zgallerie.com

Console, *$230, bedbathand beyond.com*

Starburst Wooden Mirror, $135, allmodern.com

Summer Breeze Wall Tile, $14 per sq. ft., Lowe's

NATURAL

Fibers like rattan and wicker will have you longing to go barefoot

Rattan Chandelier, $80, lampsplus.com

Ciudad Armless Chair, $215, pier1.com

Jute Rug, $200 for 5" by 8", ballarddesigns.com

NAUTICAL

Shipshape decor comes in canvas whites and maritime hues with seafaring details

ANCHORS AWEIGH!
I'd Rather be Sailing
SALTY DOG
MERMAIDS WELCOME!
Having a Whale of a Time!
THAR SHE BLOWS!
Ahoy
Scallywags
I ♥ THE SEA
Don't Go Postal...Just Go Coastal!

Anchors Away! *Art Print, $54, art.com*

Vapor Proof Light, $50, destination lighting.com

Seward Perfect Storage Trunk, $108, wayfair.com

Indigo, $61 per gallon, Sherwin-Williams

TROPICAL

Go exotic with brilliant island colors, block prints and playful accents

Cayman Lantern, $40, grandin road.com

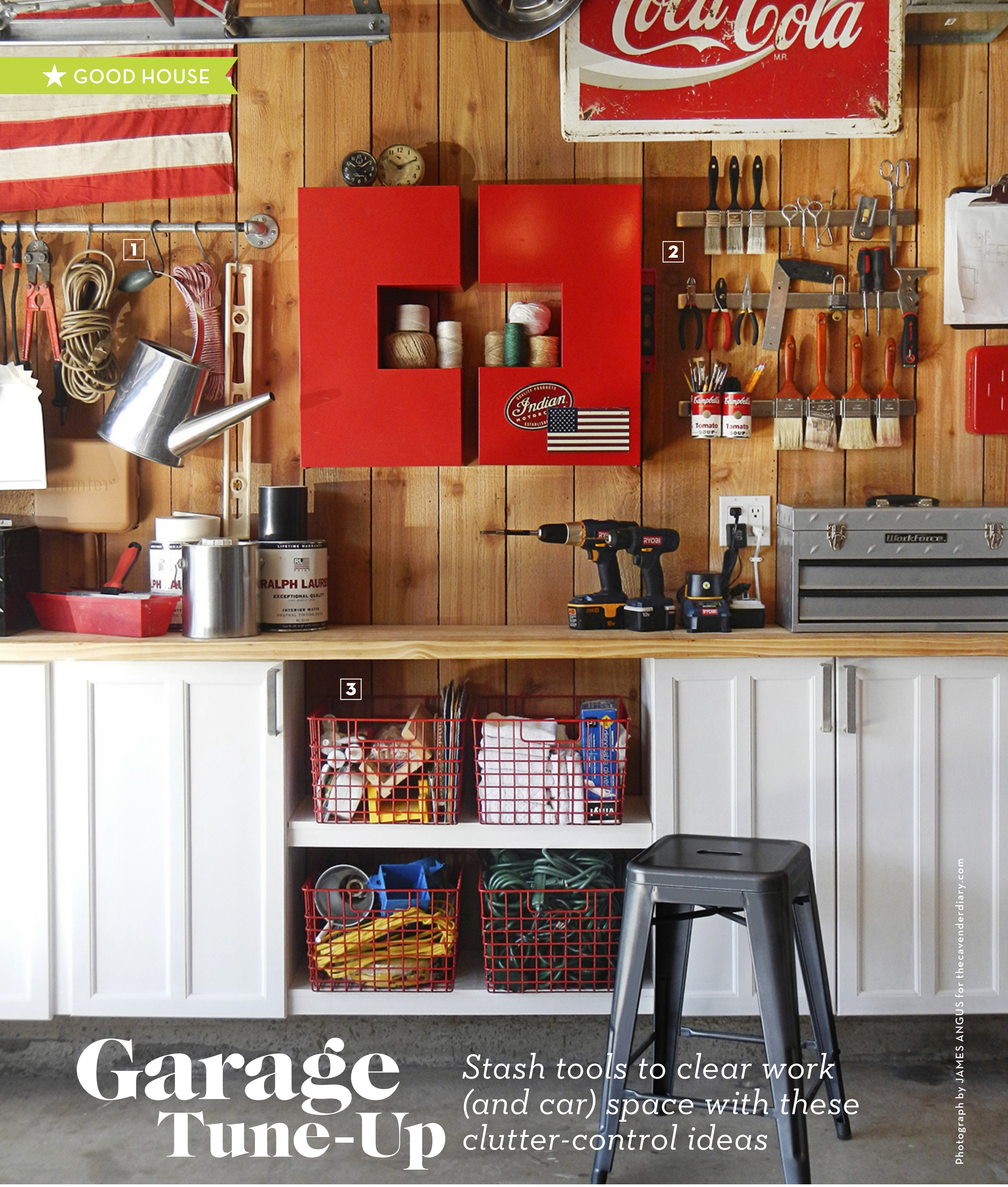
Dossett Indoor/Outdoor Square Pillows, $53 for two, overstock.com

Seahorse Mini Wall or Leash Hook, $28, these creatures.com

SHOPPING DETAILS, page 154

Photographs by MARKO METZINGER/Studio D (wall tile, trunk)

Soak up the good weather by trying a new outdoor hobby: swimming, golf, croquet...even hedge-clipping!



Garage Tune-Up

Stash tools to clear work (and car) space with these clutter-control ideas

Photograph by JAMES ANGUS for thecavenderdiary.com

1 RAISE THE BAR
Free up precious counter space with a mounted rail (like IKEA's Bygel, $3) to hang frequently used items.

2 STICK 'EM UP
A magnetic knife strip corrals small essentials (stored in cleaned-up soup cans) next to a cool red cabinet.

3 VIEW ALL
Stow cords, rags and other bulky items in no-need-for-labels wire baskets that tuck under a countertop.

Bad news: They TP'd your tree.

Good news: They used new Quilted Northern Ultra Plush® with three layers that are silkier than ever.

NEW
QUILTED
NORTHERN
UltraPlush
3 soft layers
LOOK!
SILKY
COMFORT

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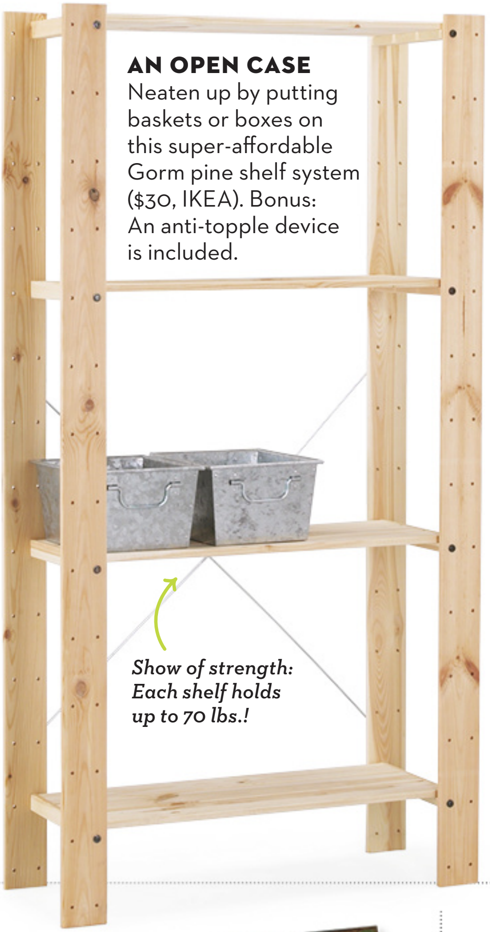


AN OPEN CASE

Neaten up by putting baskets or boxes on this super-affordable Gorm pine shelf system ($30, IKEA). Bonus: An anti-topple device is included.

Show of strength: Each shelf holds up to 70 lbs.!

TAMING OF THE SCREWS

Three drawers make space for everything in this Craftsman tool chest ($60, Sears).

DOWN TO THE WIRE

Creative Co-Op's coated basket ($16, shopharvest.com) is a bright choice.

★

4 Ways to Master the Mess

CLEAR IT OUT

- Dispose of old paint properly. Go to goodhousekeeping.com/old-paint for details.

CONTAIN IT

- Hoses and even wheelbarrows can be simply stowed on pegboard; anchor with bungee cords.
- Keep toxic chemicals in a well-ventilated lockable cabinet.

LABEL IT

- Limit rummaging with clear descriptions (e.g., "Camping Gear").

Photographs by J MUCKLE/Studio D (basket, Coca-Cola sign, hooks)

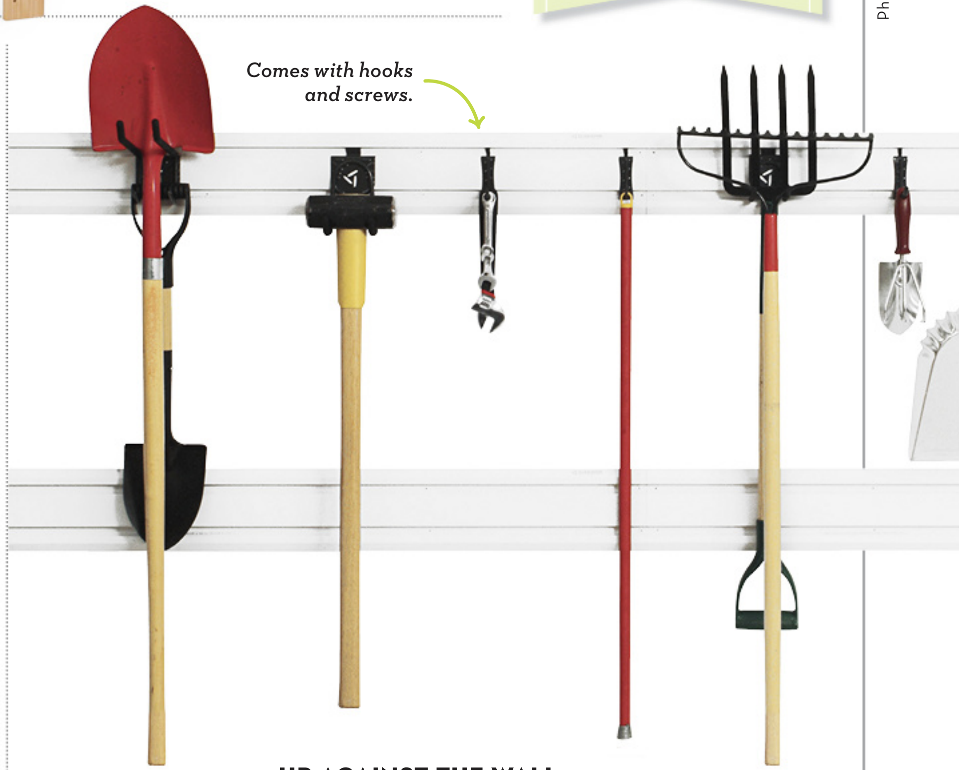
ICE COLD
Coca-Cola
SOLD HERE

GIVE US A SIGN

Add ambience with a vintage-y piece ($10, coca-colastore.com).

WE'RE HOOKED

Less mess: Try IKEA's Bygel set ($1 for six), which attaches to most rails or pegboard.



Comes with hooks and screws.

UP AGAINST THE WALL

Clear dangerous tools off the floor with Gladiator's GearTrack Pack—it provides eight feet of storage ($55, lowes.com).

Get a greener thumb. Read Nancy Ondra's new book, *Five-Plant Gardens,* for 52 can't-go-wrong ideas.

GOOD HOUSEKEEPING
Since 1909

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AND BACKED BY OUR TWO-YEAR LIMITED WARRANTY

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- 🍃 Bissell Little Green Portable Deep Cleaner 1400 Series
- Bosch
- Electrolux **NEW**
- Farberware - Exclusive at Walmart
- Frigidaire
- LG Refrigerator
- Miele Dishwashers
- Panasonic
- Weight Watchers Scales by Conair

BEAUTY & PERSONAL CARE

- Always
- Aquaphor **NEW**
- Boots No7
- Cetaphil
- Clairol
- Connoisseurs Jewelry Cleaners
- CoverGirl
- Crest
- Eucerin
- Head & Shoulders
- Listerine
- L'Oreal Paris Advanced Haircare
- L'Oréal Paris Age Perfect
- L'Oréal Paris Haircolor Excellence
- L'Oreal Paris Visible Lift Advanced Age-Reversing Makeup
- Mary Kay TimeWise
- Murad
- Neutrogena
- Nioxin
- Olay
- Oral-B
- Panasonic
- Pantene
- Peter Thomas Roth Clinical Skin Care
- Playtex Living Gloves
- Tena Serenity Pads
- 🍃 Tena Women Underwear Super Plus
- 🍃 Tena Serenity Overnight Pads
- Vaseline
- Vichy

CLEANING, KITCHEN & HOUSEHOLD

- Bounty
- Brillo
- Cascade
- Charmin
- Connoisseurs
- Downy
- Dixie
- Febreze
- Final Touch
- Finish
- Gain
- Glade
- Gorilla Glue
- Ingenious Designs
- Morton Salts
- Mr. Clean
- Poo-Pouri
- Puffs
- Scott Paper Products
- Simple Green
- Swiffer
- Tide
- 🍃 Tide
- 🍃 Tide Coldwater Free
- 🍃 Tide Coldwater HE Free
- 🍃 Tide Coldwater Fresh Scent
- 🍃 Tide Coldwater HE Fresh Scent
- 🍃 Tide Coldwater Mountain Spring
- Weiman

FOOD & BEVERAGES

- Goya
- Hearst Ranch Beef
- Jolly Time Pop Corn
- Kikkoman Sauces
- Laura's Lean Beef
- Vitalicious

HEALTH AIDS & REMEDIES

- Culturelle Probiotic
- MidNite
- Miralax
- OFF!
- Prilosec OTC
- Vicks
- ZzzQuil Nighttime Sleep-Aid

HOME BUILDING & DECORATING

- Acme Brick
- Aller-Ease
- Bath Planet
- Belgard Hardscapes
- Benjamin Moore
- 🍃 Benjamin Moore Natura
- Caesarstone Countertops
- Champion Windows and Patio Rooms
- Clopay Garage Doors
- Earthwise Windows & Doors
- FrogTape
- GAF Roofing
- Good Housekeeping Blinds and Shades
- James Hardie Siding
- JCPenney **NEW**
- Leafguard by Englert
- Lennox Heating & Cooling Products
- Olympic Paints & Stains
- Panasonic
- Protect-A-Bed
- RainPro by Englert
- Sleep Number Beds
- Sunsetter Products
- Window World
- Windows
- Wolmanized Outdoor Wood
- York Heating & Cooling

PET CARE

- Eukanuba
- Frontline
- Iams

OTHER

- B2P Pens by Pilot Pen
- Balsam Hill Christmas Trees
- Build-A-Bear Workshop
- Catalina Swimwear
- CertifiedFirst Network
- Crizal No-Glare lenses
- FriXion Pens by Pilot Pen
- Good Choice
- Jambu
- Pampers
- 🍃 Pampers Cruisers
- The Pushel
- Wheaton World Wide Moving

WHAT'S GOOD

New at Walmart this month **Collections by Catalina.** The collection features 2 piece suits in coordinating colors/ styles so customers have the flexibility to purchase affordable swimwear that can be worn in various ways. **CatalinaSwim.com**

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🍃 Products that have earned the Green Good Housekeeping Seal have met or exceeded the additional criteria established by the Good Housekeeping Research Institute. For more information go to **goodhousekeeping.com/ghseal**

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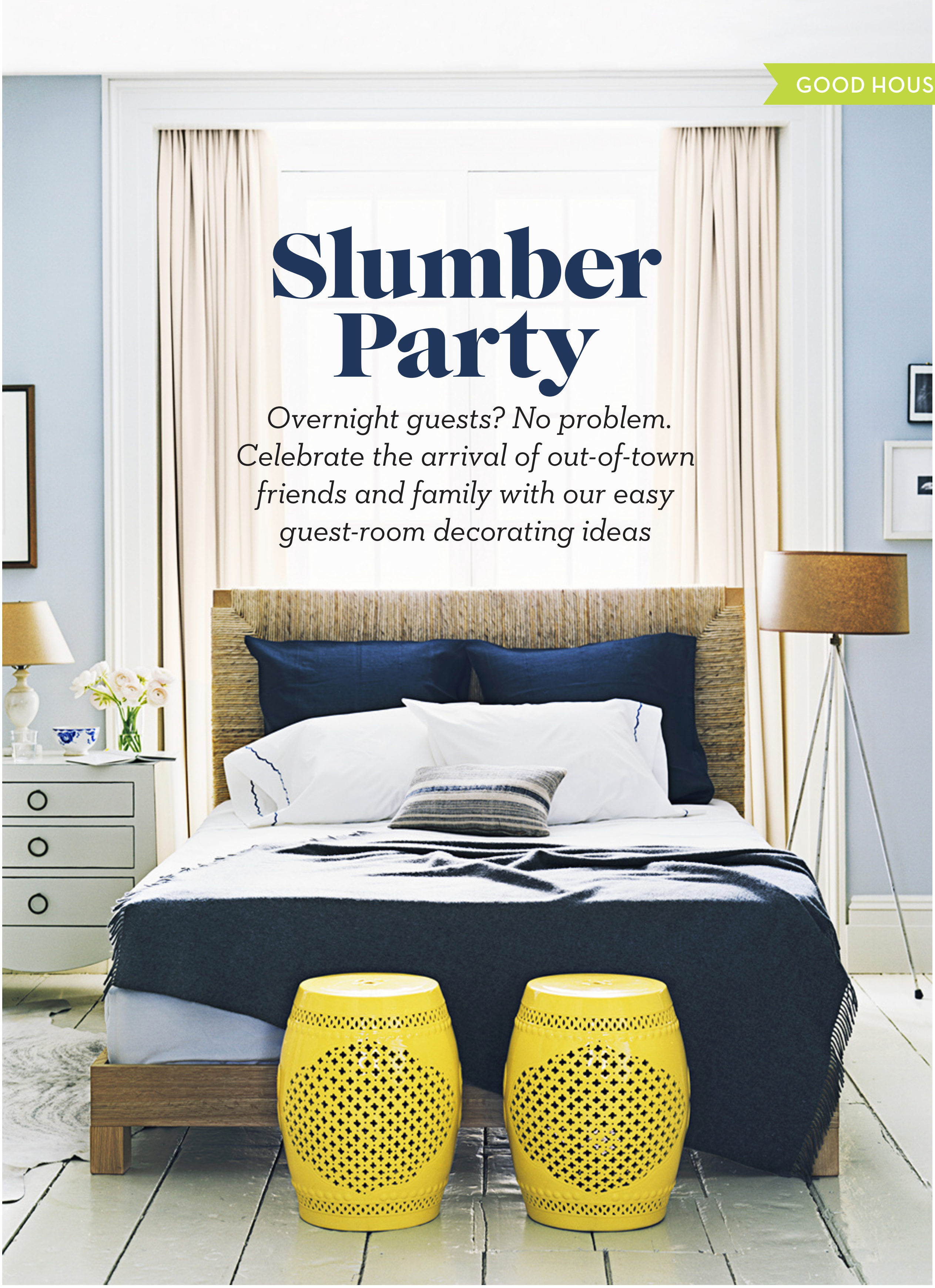
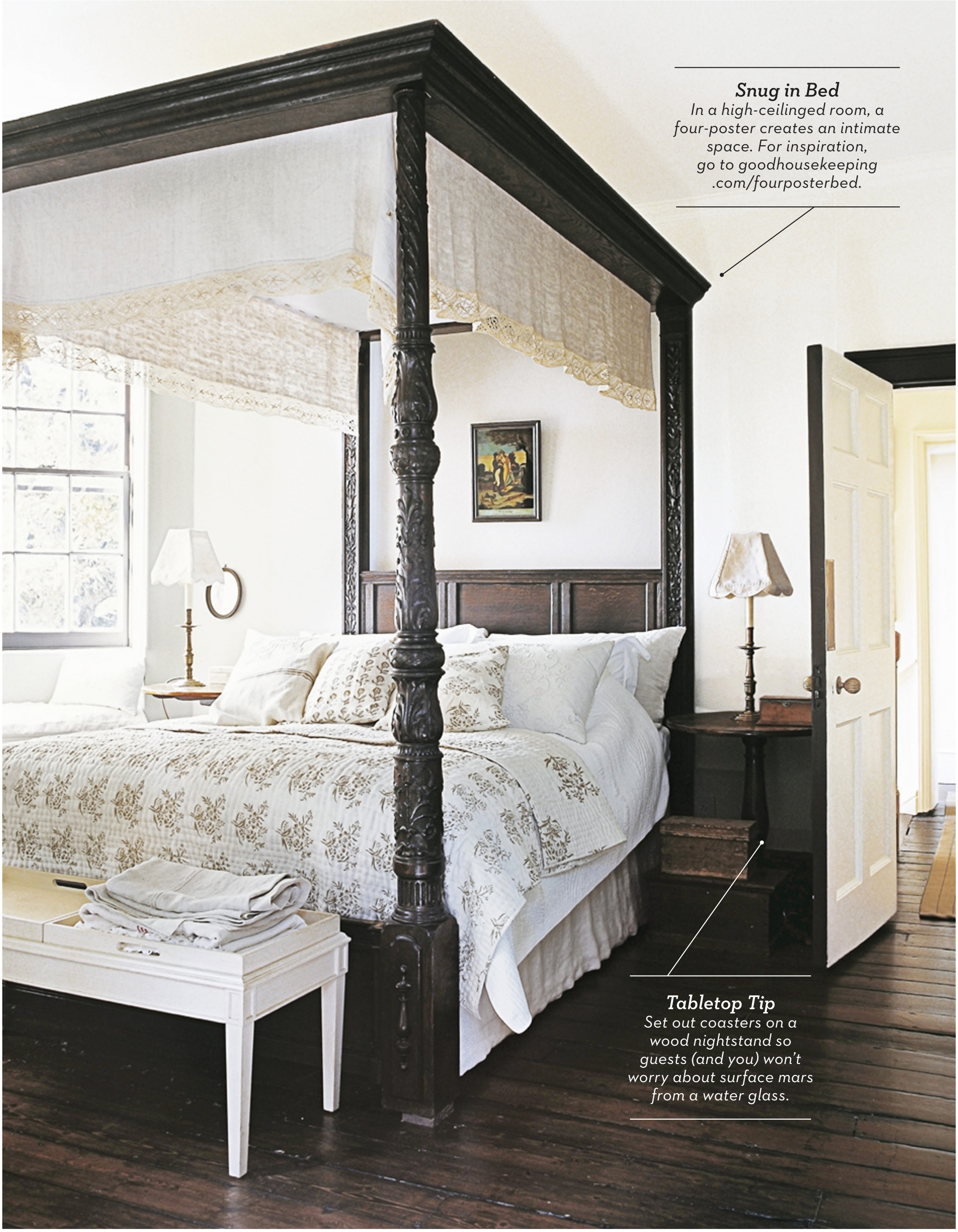


Slumber Party

Overnight guests? No problem. Celebrate the arrival of out-of-town friends and family with our easy guest-room decorating ideas

TURN AN ATTIC SPACE, A HOME OFFICE with a fold-out couch or a spare bedroom into an inviting home away from home for summer guests. You don't have to do much to make them feel comfortable. Take the sunlight-flooded room above: A pile of pillows and a throw on the bed call out for an afternoon nap, fresh flowers are fragrant and inviting and two bright ceramic garden stools provide a convenient spot to pull shoes on (or off).

Photograph by Annie Schlecter. Styling by Kim Ficaro.



Snug in Bed

In a high-ceilinged room, a four-poster creates an intimate space. For inspiration, go to goodhousekeeping .com/fourposterbed.

Tabletop Tip

Set out coasters on a wood nightstand so guests (and you) won't worry about surface mars from a water glass.

WHO DOESN'T LOVE THE IDEA OF SLEEPING IN A FOUR-POSTER? Make it even more appealing by layering summery linens and plenty of pillows. And place trays on a bench at the foot of the bed—they're perfect for open storage or for loading up with magazines and carrying to a comfy chair or window seat for a leisurely read.

Photograph © Loupe Images/Lisa Cohen. Designed by Clare Teed.

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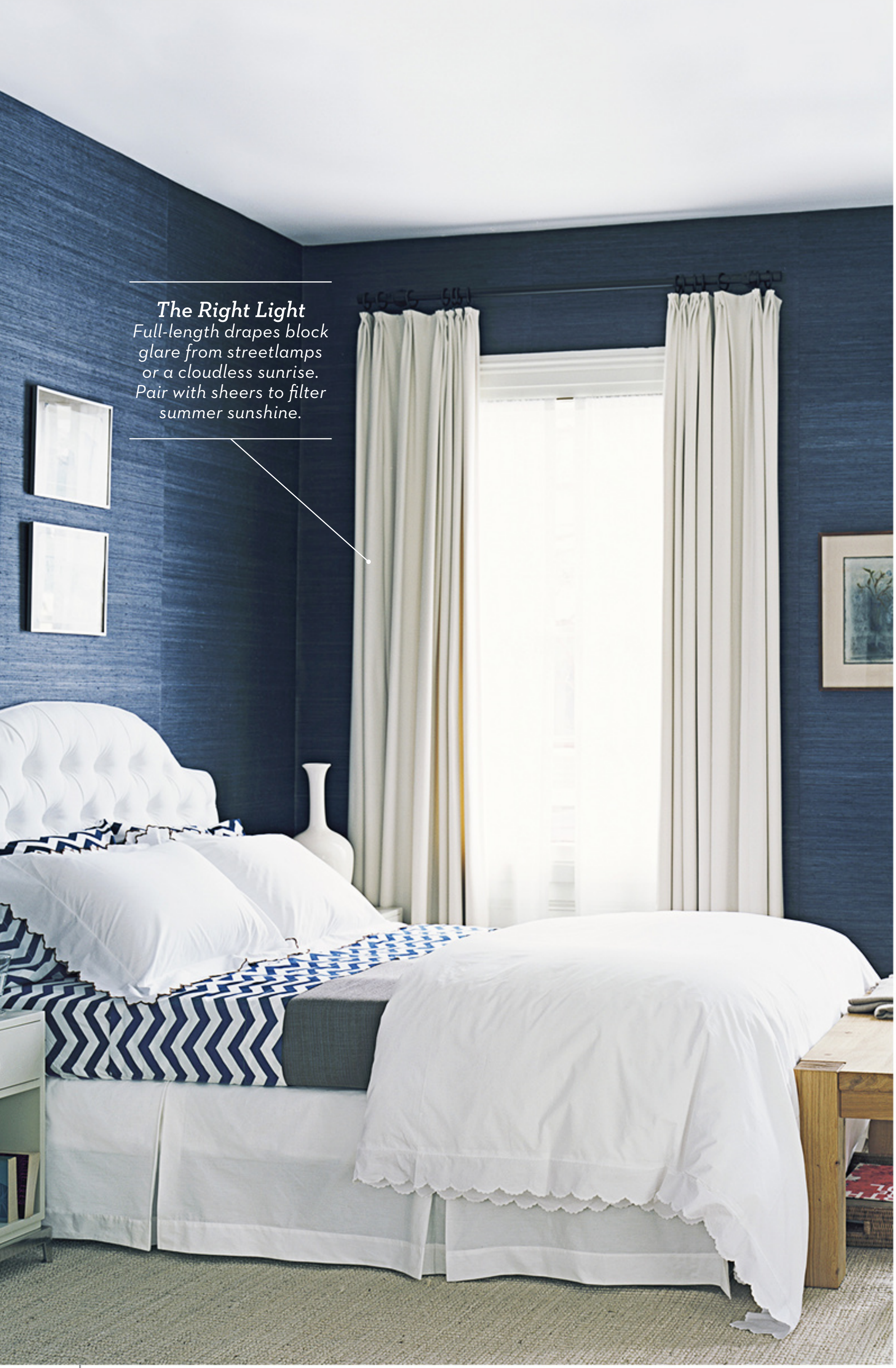

The Right Light
Full-length drapes block glare from streetlamps or a cloudless sunrise. Pair with sheers to filter summer sunshine.

SOOTHE TRAVEL-WEARY GUESTS with a low-key environment: Carpeting and soft rugs help muffle sound and feel good on bare feet, while colors like blue, purple, green and white tend to be calming. Daylight is a mood-booster, too.

Luxe Additions

Little extras will make your guests feel pampered

Scent-sational

Waft a fresh-linen, garden-floral or fruity aroma. ***Boheme candle in Passionfruit & Guava, $21; paddywax.com.***

A Toasty Throw

Just right for a quick snooze or as a wrap on a chilly night: ***Woven Lattice Throw in Pineapple, $30, Lands' End; landsend.com.***

Thirst Quencher

This bedside set can eliminate late-night kitchen trips. ***Mildra carafe, $8, and glass, $2; IKEA stores.***

Photograph by Annie Schlecter. Styling by Kim Ficaro.

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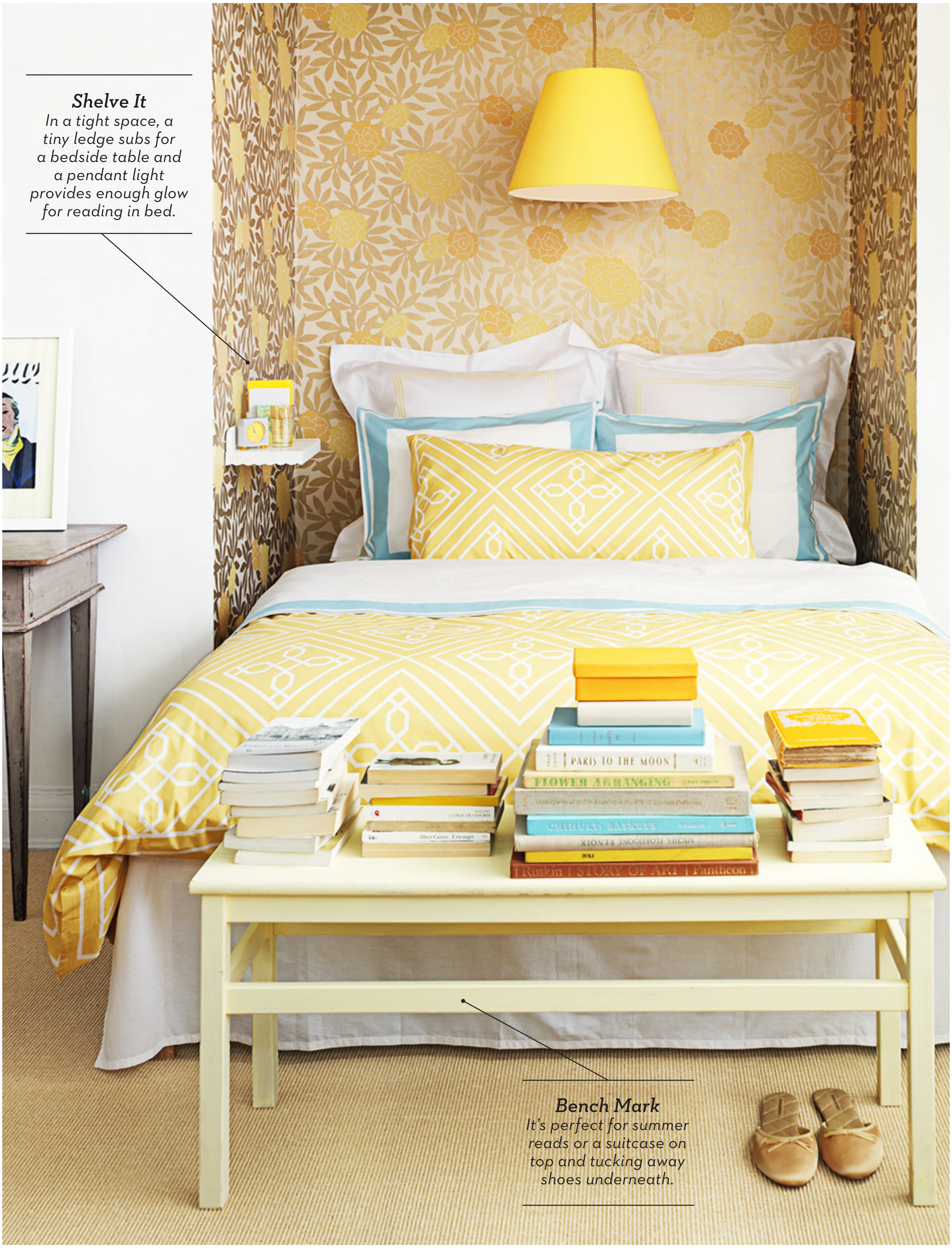

Shelve It
In a tight space, a tiny ledge subs for a bedside table and a pendant light provides enough glow for reading in bed.

Bench Mark
It's perfect for summer reads or a suitcase on top and tucking away shoes underneath.

CREATE A COZY NOOK FOR A GUEST BED in an alcove. If the recessed niche tends to be dark, brighten it up with sunny wallpaper or a coat of paint in a pick-me-up color. Add complementary bed linens, and you're done.

Photograph by Mark Lund

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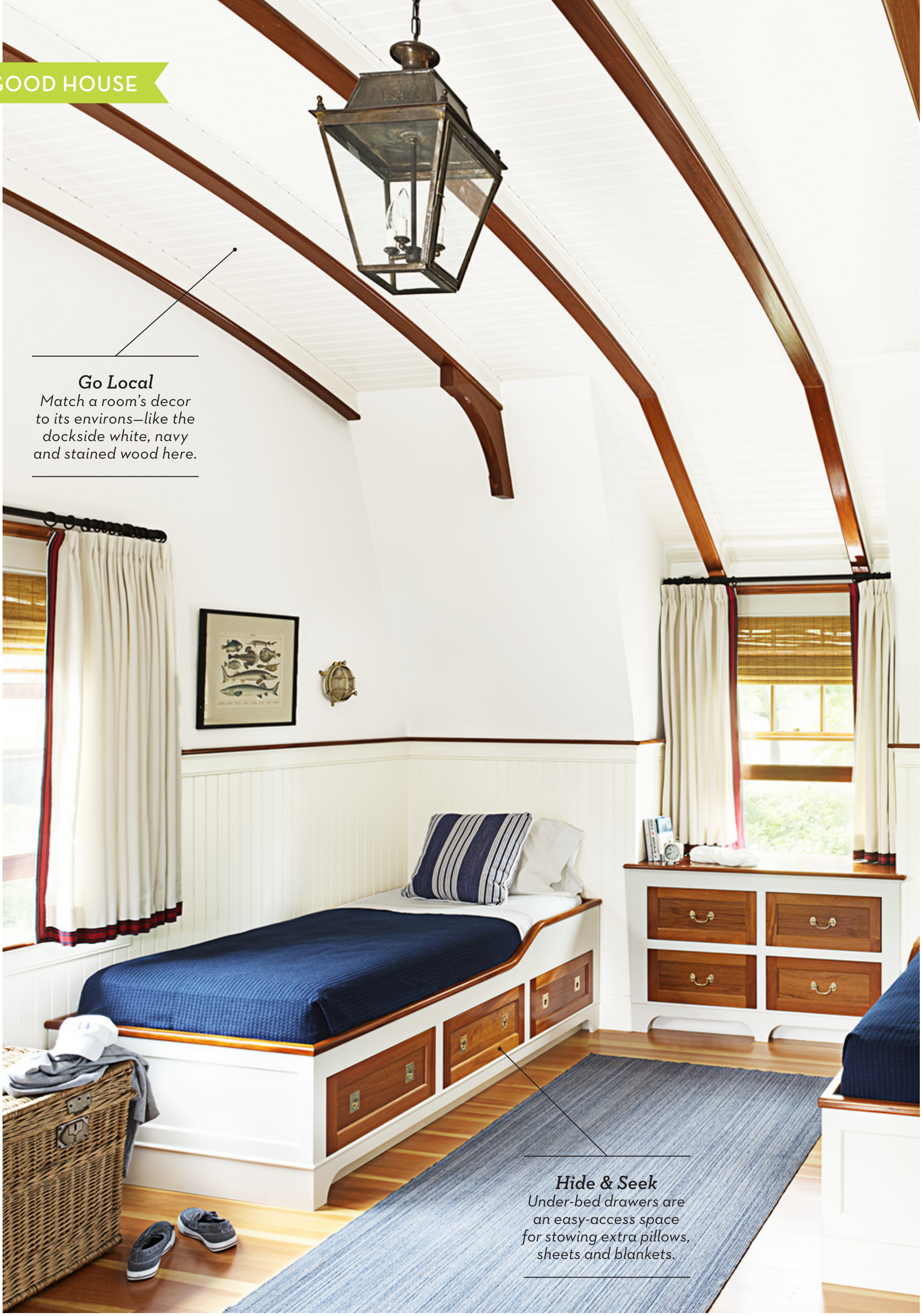

Go Local
Match a room's decor to its environs—like the dockside white, navy and stained wood here.

Hide & Seek
Under-bed drawers are an easy-access space for stowing extra pillows, sheets and blankets.

TWIN BEDS ARE GREAT FOR ROOM-SHARING. If you often have singles or families visiting, this arrangement frees up floor space for an extra air mattress or a gaggle of kids. (Older couples will appreciate separate beds and the security of corner built-ins.) Throw down a runner between beds to protect the floor from scuff marks.

Photograph by Annie Schlecter. Styling by Matthew Gleason. Designed by James Radin. Architect: Mark Schmid. Following page: Photograph by Carolyn Barber/Homes & Gardens/IPC+ Syndication.

"We're a Superfamily!"

The Redlers: A Chief Strategic Officer,
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Scott and Celena Redler take their careers very seriously, but they treasure even more every second they spend keeping up with Chace's energy. "We cherish our time together," said Scott. "We have fun together, we laugh. Our roof protects all the things we hold dear—especially our little Superhero."

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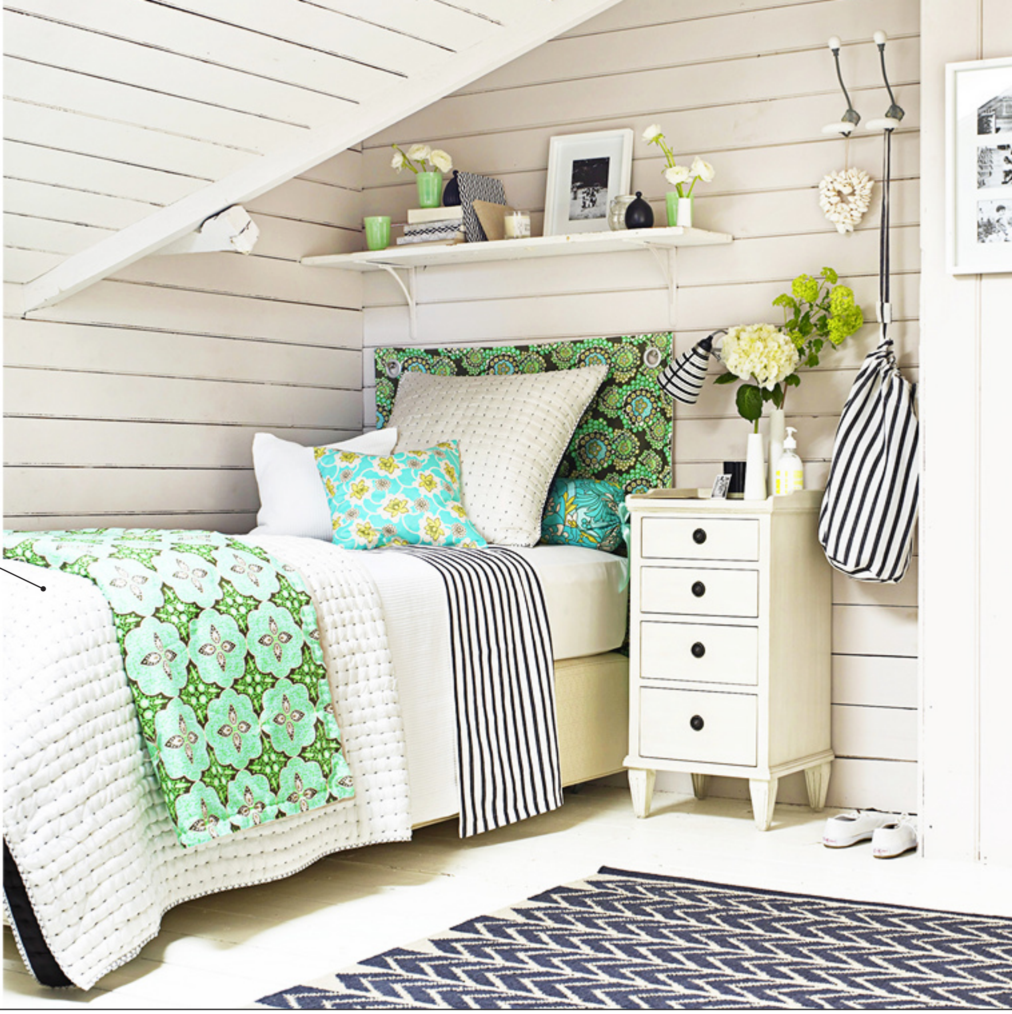
Layer, Layer, Layer

No one wants to get out of bed in the middle of the night! Pile on the quilts, blankets and throws (play with graphics, florals and stripes)—not only will it be prettier, but your guests will be able to customize their sleep experience.



TURN A CLOSET INTO A MINI WASHROOM!
Remove the closet door and insert a sink, a mirror and a shelf for towels and supplies. In an attic room, this closet redo is superconvenient for guests—it creates privacy and decreases traffic to the downstairs bathroom.

Ready Aim Summer

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1-2-3, Guest-Ready!

1

Clean Sweep

Whether your guest room moonlights as an office, a kids' room or a catchall, take 10 minutes to clear off surfaces, empty a few drawers, free up some closet space and get rid of piles—it'll feel cleaner instantly.

2

Quick Bed Check

Ask guests if they have any allergy issues so as to be sure you have appropriate pillows on hand (and have firm, medium and soft, if possible). Consider a new padded cover for an old mattress, and make beds with fresh sheets and light blankets.

3

Drugstore Stock-Up

Start with the basics: soap, clean towels and blankets—and add in smartphone chargers, new toothbrushes and a stack of fun reads. Plant everything within easy reach, and plug in nightlights near stairs or bathrooms.

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Q

"How do I remove the mark on my fabric sofa that my new rubber-soled shoes made?"

—CLEO HANSEN, VIA E-MAIL

IF THE SHOES haven't been worn much, it sounds as though the rubber might just have scuffed the sofa. Depending on the fabric, you should be able to get the mark off by using a stain remover for carpeting or fabric that dries to a powder; just let it set as instructed, then brush it off using the product's applicator brush or a scrub brush. Or, you can use dry-cleaning solvent or spot remover—just pour a little on a clean cloth, blot the area and let it dry. For either, start by testing on a small spot somewhere on the sofa that is not readily visible and follow the directions carefully. Repeat a few times if needed. Good luck!

Q

"Help! My daughter threw up in her bed, and now it smells. I tried baking soda, but what else can I do?"

—JEN, VIA E-MAIL

IF IT HAS SOAKED into the mattress, surface cleaning will not be enough. Once you've removed any "solids" and used a mixture of dish soap and water to clean up the stain, go to a pet store and buy an enzyme-based stain and odor remover. Pour it into a spray bottle and use it to drench the area. Let it set for 10 minutes or as long as the container directs. Next, place heavy bath towels over the spot and press to soak up the cleaning solution. Turn on any fans so the wetness will evaporate faster—you *must* get it completely dry! It may take several tries with the odor remover. Afterward, spray the surface with a fabric spray that kills bacteria. »

Try a Cover-Up

Last resort? Buy a plastic casing that envelops the mattress to help seal in odor.

Photographs, clockwise from Heloise: STEVE GIRALT; Alamy; Veer.

Be spellbound The Wizarding World of Harry Potter—Diagon Alley opens at Universal Studios Florida this summer.

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Penny, Realtor

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GOOD HOUSE

Q

"I bought a floor-sample single-cup brew coffee maker. It was filthy, so I put vinegar in the tank—now I can taste it in my coffee!"

—NAME WITHHELD, VIA E-MAIL

YOU'RE ON THE RIGHT TRACK: Most manufacturers recommend cleaning the water reservoir with vinegar. Run six to nine water-only brew cycles, then try the water. If it still tastes funny, it may be the filter—throw it out and replace it.

Q

"I had some walls painted, and some of the color got onto the cabinets. How do I remove the splatter without harming the finish?"

—BUFFY, VIA E-MAIL

FIRST, WET a microfiber cloth with hot water and try rubbing it hard on the spots—this just may get the paint off. No luck? Dip a cotton swab in non-acetone nail polish remover and dab it (do not rub) on a splatter for 15 seconds to soften the paint. You should be able to chip it away with an old credit card. Keep working until all of the paint is gone, then wipe with a damp cloth and dry. If any of the finish was removed, apply a coat of tinted wax to help hide those spots.

Can It Be Saved?

"After cleaning my stainless steel appliances with a scrubby sponge and kitchen cleanser, I noticed brown spots resembling rust that weren't there before. Is there any way to remove them?"

—CHRISTIE STRAYER, PHILADELPHIA

POUR SOME household vinegar into a bowl and dip a cotton swab or a microfiber cloth into it. Then go over the stainless steel with the swab or cloth, rubbing for five to 10 seconds. The key is to do one small section at a time—no larger than the size of your hand—before the vinegar dries. Go over each spot with a clean, damp cloth; then dry before moving on. When you're done, give the whole surface a coat of appliance or paste wax to fill any little dings and provide a protective coating.

HOW IT WORKED *"Some of the rust came off on my swab when I rubbed, but the spots are still there. I'll keep trying!" Christie says.* GH

Bottom photograph by Veer

Entertain in color: For a quick revamp, spray-paint boring metal chairs in bright hues with two coats of Krylon paint.

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Wedding Etiquette Special

Peggy Post

ON STICKY SITUATIONS

A director of The Emily Post Institute, **PEGGY POST** has written 10-plus books on etiquette issues

Q *My mother-in-law-to-be is being pushy about participating in pre-wedding stuff, like dress shopping, that I want reserved for my mom only. Can I say no?*

CONSIDER THE BIG picture. Your future mother-in-law probably just wants to be a part of the excitement. To avoid hurting her feelings, loop her in on the basic plans, but still shop with your mom for your gown. Say, “My mom and I have dreamed of picking my dress together. As soon as I've chosen it, I'd love for you to see it, too.” This way, you'll be making an effort, and she'll feel included.

BOTTOM LINE Tread carefully here; after all, this is your new family-to-be.

Q

“I shared a photo on Facebook during my cousin's wedding ceremony, right after the bride and groom said ‘I do.’ Afterward, they were annoyed that I was the first to broadcast a pic. Was I wrong to do this?”

YES. You were probably so excited that you got a bit carried away and shared the photo without thinking about it. Many couples now make their preferences known (some even say “No photos, please” in the ceremony program), and you should honor their wishes. If there's no direction, it's better to hold off until you get the bride and groom's OK.

BOTTOM LINE Ask before you share.

Q

“My fiancé and I are paying for our wedding ourselves. To help reduce costs, we're considering a cash bar. Is this OK?”

WHILE A CASH BAR may seem logical, it usually backfires. Guests shouldn't have to pay for anything at a wedding—their meals, drinks or tips for anyone working at the event. In fact, guests can feel insulted if they have to buy drinks, and if they come without cash, it can make things awkward. Instead, be realistic about costs, then provide what you can afford. If you're set on offering a full bar, consider other budget cuts, like trimming the guest list.

BOTTOM LINE Forget the cash bar. »

Put your sunscreen on before your bathing suit so you won't miss any spots at the edges or smear it on the fabric.

Photographs, from top: Getty Images; PHILIP FRIEDMAN/Studio D.

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WHAT WOULD *YOU* DO?

At the rehearsal dinner, asked to tell a story about the bride, you bring up her ex. The result? Dumbstruck silence.

"I'd say, 'Of course, that's just one reason I treasure my friendship with the bride. She's quick to laugh and quick to forgive!'"

—AMY MAOZ, 27, NY

"I'd add, 'But the best man for her is here today—he's wonderful, and they will have a fabulous life together!'"

—KAREN HALO, 51, NJ

"Try to recover: 'Remember, at your rehearsal dinner, when your friend told that ridiculous story? Me, too. Awkward!'"

—ALYCIA GELIN-BURR, 31, MA

PEGGY SAYS ***It's not easy to speak eloquently in front of a group without prior preparation. Don't worry too much about it unless what you said embarrassed the bride, the groom or others at the dinner. If the memory you shared was out of line, apologize to the couple and consider it a life lesson: Think before speaking.***

Q *Is there a tactful way to say "No children" on a wedding invitation? My daughter is getting married and wants to keep the event kid-free. Should we provide babysitting to make it easier?*

YOUR BEST BET is to address invitation envelopes (outer and/or inner) with *only* the names of invitees. If you think guests might miss the hint, call them. You could also add a blurb to the wedding website: "We are unable to accommodate children at our wedding. Here are some options for child care...." If you get pushback, explain that you can't make exceptions. Provide babysitters if you want, but it's not required.

BOTTOM LINE "No kids" on an invite is a no-no. GH

Photographs courtesy of: Amy Maoz; Karen Halo; Alycia Gelin-Burr.

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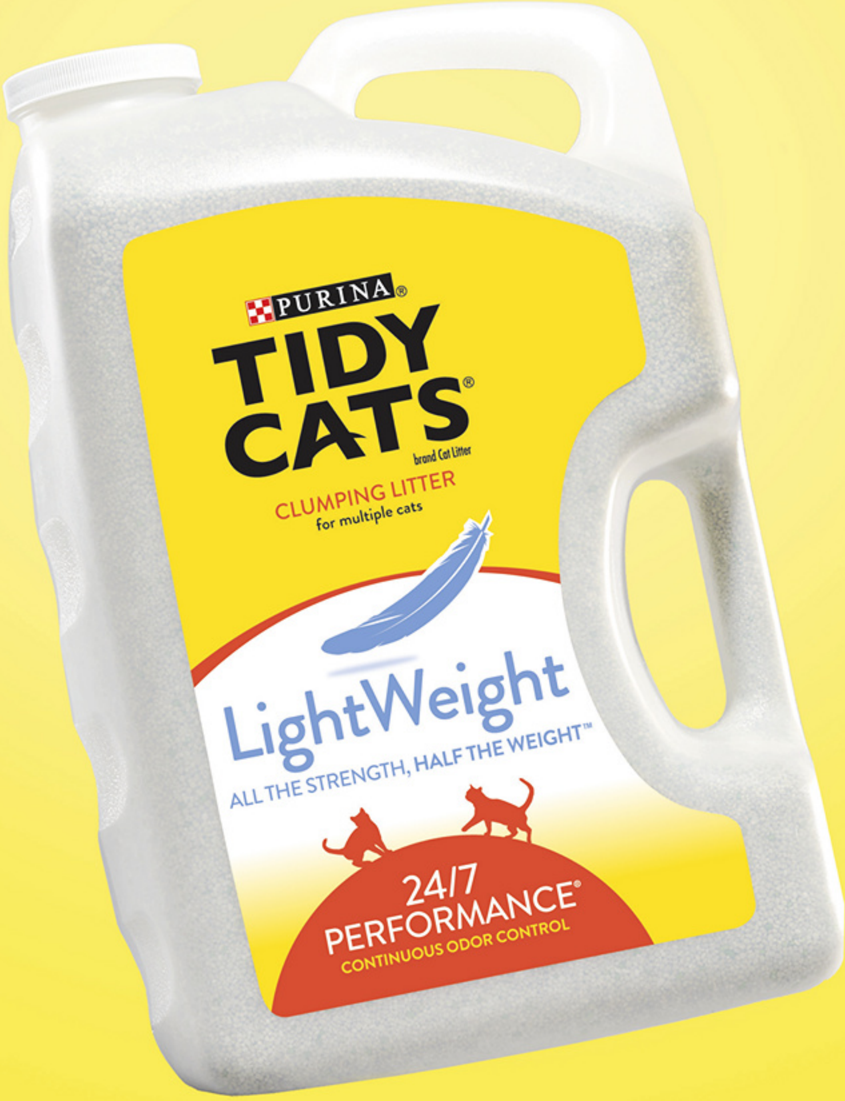
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GOOD★FOOD

SUMMER ★GRILLING★ GUIDE

Awesome burgers! Frosty drinks! Finger-lickin' ribs! Juicy chicken! Gourmet corn-on-the-cob! Grown-up s'mores! ***Guest editor Guy Fieri*** *joined us to cook up your all-new summer's greatest hits…*

★

GUY'S BIG ISLAND PUNCH
"Serving homemade cocktails adds another dimension to entertaining," says Guy. His tip: Make the punch's base, through the mango juice, up to six hours ahead. *Recipe, next page*

PHOTOGRAPHS BY KATE MATHIS

Guy's recipes and his chicken how-to adapted from the book *Guy on Fire: 130 Recipes for Adventures in Outdoor Cooking* by Guy Fieri, copyright © 2014 by Guy Fieri. Reprinted by permission of William Morrow Cookbooks, an imprint of HarperCollins Publishers.

No more flyaway beach umbrellas: The Noblo is a lightweight nylon bag you fill with sand, then attach to your umbrella ($17, thenoblo.com).

DRINKS + MAINS

GUEST EDITOR
GUY FIERI

We invited the grillmeister himself, Guy Fieri, to share his best backyard barbecue recipes and secrets. And boy, did he deliver! Guy and GH fired up the grill to bring you these cookout classics—all with a delicious twist and our seal of approval!

GLASS SIPPERS!
From left: D'Vinus Tumblers, *$24 for six, Williams-Sonoma;* Bormioli Rocco Aere Highball, *$5, Sur La Table;* Otis Glass, *$4, Crate & Barrel.*

★ 1. GUY'S BIG ISLAND PUNCH

In pitcher, mix 2 c. white rum, 2 c. pineapple juice, 1 c. fresh lime juice, 1 c. mango juice and ½ c. elderflower liqueur. Stir in 2 limes and 1 lg. orange, sliced. Top with 2 c. spiced rum and ¼ c. grenadine. Serve over ice. ***Serves 8***

★ 2. FRESH GINGER SPRITZER

Simmer 3 c. water, 1 c. chopped fresh ginger, 1½ c. sugar and pinch salt 30 min. Strain into pitcher; stir in ½ c. lime juice. Chill at least 2 hrs. To serve, fill glass of ice with equal amounts syrup and seltzer. Add bourbon to taste. ***Serves 8***

★ 3. ARNOLD PALMER SLUSHIE

Blend 3 c. sweetened iced tea, 1 pt. lemon sorbet, 3 c. ice and ¼ c. lemon juice until smooth but still frosty. Serve immediately. Add dark rum to taste. ***Serves 8***

DRINK IN STYLE
Green Chevron Paper Straws, *$5 for 25; thesugardiva.com.*

Food styling by Michael Pederson. Prop styling by Kendra Smoot. Photograph by Getty Images (Guy Fieri).

GUY'S
ST. LOUIS RIBS
WITH TEQUILA BBQ SAUCE

PREP 30 minutes
TOTAL 4 hours plus overnight marinating

DRY RUB
¼ c. paprika
¼ c. light brown sugar
3 Tbsp. ancho chile powder
3 Tbsp. granulated garlic
2 Tbsp. ground cumin
2 Tbsp. onion powder
2 Tbsp. kosher salt
1 Tbsp. freshly ground black pepper

2 (3-lb.) slabs St. Louis rib rack
⅓ c. yellow mustard
Tequila BBQ Sauce (page 147)

1. Combine Dry Rub ingredients.
2. Rinse ribs; pat dry with paper towels. Remove thin membranes from bone sides; trim off excess fat. Brush meat with thin layer of mustard; coat heavily with Dry Rub. Refrigerate overnight.
3. Set out 2 lg. sheets heavy-duty foil. Place 1 rack on each sheet, meat side down; fold foil over to form sealed pouch. Place pouches on roasting pans; grill over indirect heat on low 1½ to 2 hours or until almost tender. Open foil; peel back so ribs are exposed. Carefully turn ribs over; cook 1 hr. 30 min. with foil left open. When done, ribs will be tender and meat will have shrunk back from bones.
4. For last 10 min., remove ribs from foil and place directly on hot side of grill. Brush with Tequila BBQ Sauce and allow heat to caramelize sauce and crisp exterior. Flip, brush other side and cook for a final 5 min. Serve with additional Tequila BBQ Sauce.

SERVES 8 *About 790 calories, 37 g protein, 49 g carbohydrate, 51 g total fat (15 g saturated), 5 g fiber, 170 mg cholesterol, 1,780 mg sodium.*

HOT TOWELS
Jumbo Sets in Lemon, *$17 for three; nowdesigns.net.*

EASY BACKYARD **SALMON** IN 3 FAB FLAVORS

PREP 10 minutes **TOTAL** 25 minutes

Prepare grill for direct grilling on med. Brush grate until very clean. Pat 8 skin-on salmon fillets (6 oz. each) dry. Brush fillets all over with 2 tsp. oil; sprinkle with 1¼ tsp. salt. Coat flesh sides with Rub (see sidebar at right). Push soaked skewers through salmon lengthwise; place, skin side down, on grill. Cover; cook without turning over 14 min. or until just opaque. With metal spatula, scrape fillets from grill. If skin sticks to grate, remove fillet only. ***Serves 8***

CURRY-RUB SALMON

HERB-RUB SALMON

BBQ-RUB SALMON

HERE'S THE RUB

CURRY RUB

- *2 Tbsp. finely grated orange peel*
- *4 tsp. curry powder*
- *1 tsp. black pepper*

HERB RUB

- *½ c. finely chopped fresh dill*
- *¼ c. finely chopped fresh tarragon*
- *1 Tbsp. finely grated lemon peel*
- *1 Tbsp. sugar*

BBQ RUB

- *3 Tbsp. brown sugar*
- *2 tsp. paprika*
- *1 tsp. garlic powder*
- *1 tsp. onion powder*
- *½ tsp. black pepper*

Photographs by BEN GOLDSTEIN/Studio D (rubs)

SHOP THE SHOOT
Core 3-Piece Modern Bamboo Cutlery Set, *$14 for two sets; amazon.com.*

APRICOT-MINT CHIMICHURRI
Recipe, page 148

★

MAKE IT QUICK
Flattening—or butterflying—a chicken trims 15 minutes off the grilling time for a whole bird. *How-to, next page*

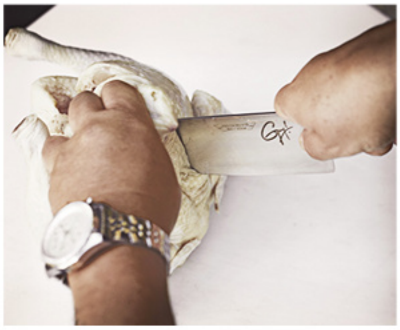
GUY'S CALIFORNIA
BRICK CHICKEN
Recipe, next page

Recipe and how-to

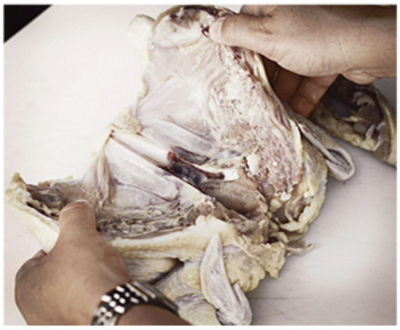
HOW TO/ BUTTERFLY A CHICKEN

To cook the bird more evenly and form a flavorful crust, Guy removes the backbone. Then, during grilling, he adds pressure (using a brick). Bonus: Guy's method makes the meat really tender!

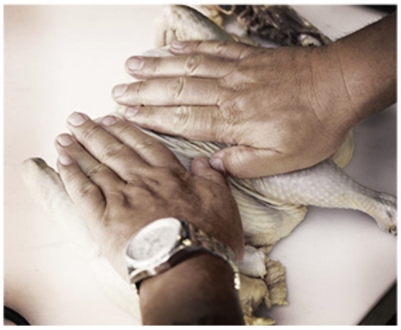
4-STEP PREP



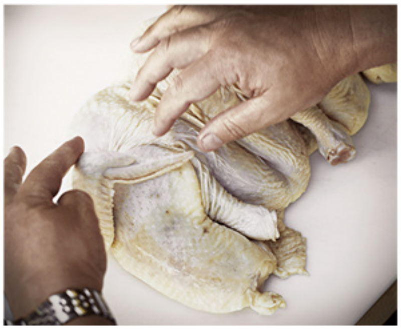
RINSE CHICKEN *and pat dry. Transfer to flat surface, breast side down. Use kitchen scissors or a chef's knife to remove backbone.*



OPEN UP *chicken like a book, then flip over so bird is breast side up.*



FIRMLY PRESS *down on breastbone with hands to break and flatten.*



TUCK WINGS *under so chicken lies flat and cooks evenly.*

GRILL AND SERVE

GRILL BIRD *topped with brick wrapped in heavy-duty foil (or use cast-iron skillet). After 15 minutes, remove brick and flip bird. Continue cooking as directed.*

LET BIRD REST *five minutes. Slice through center of breasts. Remove legs; separate legs and thighs through joint. Halve breasts; cut off wings.*

GUY'S CALIFORNIA BRICK CHICKEN WITH APRICOT-MINT CHIMICHURRI

PREP 20 minutes
TOTAL 40 minutes

1	Tbsp. chipotle chile powder
1	Tbsp. ancho chile powder
2	Tbsp. smoked paprika
2	tsp. ground fennel seeds
2	tsp. garlic powder
1	tsp. onion powder
1	tsp. dried oregano
1	tsp. sugar
1	Tbsp. kosher salt
1	tsp. freshly ground black pepper
2	whole free-range chickens (4 to 5 lbs. each), butterflied
	Apricot-Mint Chimichurri (page 148)

1. In bowl, combine chile powders, paprika, fennel, garlic powder, onion powder, oregano, sugar, salt and pepper. Mix well, then rub all over chickens, including all gaps in and around joints. Marinate chickens in refrigerator for 1 hr., uncovered (this helps the crust dry out, ensuring a crispy skin).

2. Heat grill to med.; rub down grates with lightly oiled paper towel. Place chickens skin side down on grill. Watch for flare-ups, as the fat will render and drip; if necessary, move to new spot out of flames. Place foil-wrapped bricks atop chickens.

3. Cook 15 min., then remove bricks and flip chickens. Cook 18 to 20 min. or until temperature between leg and thigh joint reaches 165°F on instant-read thermometer.

4. Transfer chickens to cutting board; let rest for 5 min. before slicing each into 10 pieces. Serve with Apricot-Mint Chimichurri.

SERVES 8 *About 545 calories, 57 g protein, 4 g carbohydrate, 32 g total fat (9 g saturated), 2 g fiber, 179 mg cholesterol, 925 mg sodium.*

Photographs by John Lee (6)

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OF INGREDIENTS
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BIG BURGERS, HUGE FLAVOR

★

All toppings serve 8.

CHIPS 'N' GUAC
Top each burger with 1 Tbsp. guacamole + 1 Tbsp. sliced pickled jalapeños + 3 tortilla chips.

THE NEW ENGLANDER
Top each burger with 1 slice Cheddar cheese + 3 thin slices apple + 3 thin slices red onion.

CREAMY PESTO
Beat together 6 oz. softened reduced-fat cream cheese + 3 Tbsp. pesto + 2 tsp. lemon juice; divide among burgers. Top with shredded romaine lettuce.

WE FLIPPED OVER THESE...
Cuisipro 18-inch stainless steel BBQ tongs! If you buy only one grilling tool this summer, give these a try: The holes let fat drain away from food. $25, amazon.com.

THE SO. CAL
Mash together 2 ripe avocados + ¼ c. mayo + 1 crushed clove garlic. Divide among burgers. Top with shredded carrots and alfalfa sprouts.

TAPAS BURGER
Blend until smooth 1 c. roasted red peppers, drained and patted dry + ¼ c. mayo. Top burgers with 1 c. grated Manchego cheese.

GUY'S SRIRACHA-MAYO
Mix 1 c. mayo + ½ c. sour cream + 4 grilled green onions, chopped + 1½ Tbsp. sriracha + 1 tsp. each honey and lemon juice + ⅛ tsp. each salt and pepper. Divide among burgers.

HOW TO/ MAKE THE PERFECT PATTY

Want moist, mouthwatering burgers that come out perfect—every single time? Use our Test Kitchens' foolproof tips. Easy!

1 **MAKE MOUNDS** Divide 2½ lbs. ground beef (85% lean), lamb, pork or turkey (93% lean) into 8 mounds (about 5 oz. each). Loosely shape into balls.

2 **SHAPE DISKS** Using your hands, gently flatten balls into ¾-in.-thick patties, but don't overwork the meat (doing so makes it tougher). Smooth patty edges with your fingers.

3 **PRESS CENTERS** Place patties on a flat surface. Using your thumbs, press in the centers of patties to make deep indentations. Refrigerate until ready to grill.

4 **FLIP, DON'T FLATTEN** Preheat grill to med.-high. Season patties with 2 tsp. kosher salt and 1 tsp. pepper. Grill 4 to 6 min. per side for med.-well (160°F to 165°F); don't press down on them with spatula.

Bottom photograph by John Lee

GUY'S PEPPER & ONION
Cook 1 red onion + 1 yellow or red pepper + 2 Tbsp. oil on high until tender; stir in ¼ tsp. each paprika, salt and pepper. Top burgers with Jack cheese + mixture.

THE VIETNAMESE BÁNH MÌ
Mix 2 med. Kirby cucumbers, sliced + ½ c. shredded carrots + ⅓ c. seasoned rice vinegar + ¼ c. mint leaves, chopped + ½ tsp. salt; chill 1 hr. Divide among burgers.

ISLAND BURGER
Top each burger with 2 Tbsp. shredded pepper Jack cheese + ¼ green onion, thinly sliced + 1 fresh pineapple ring.

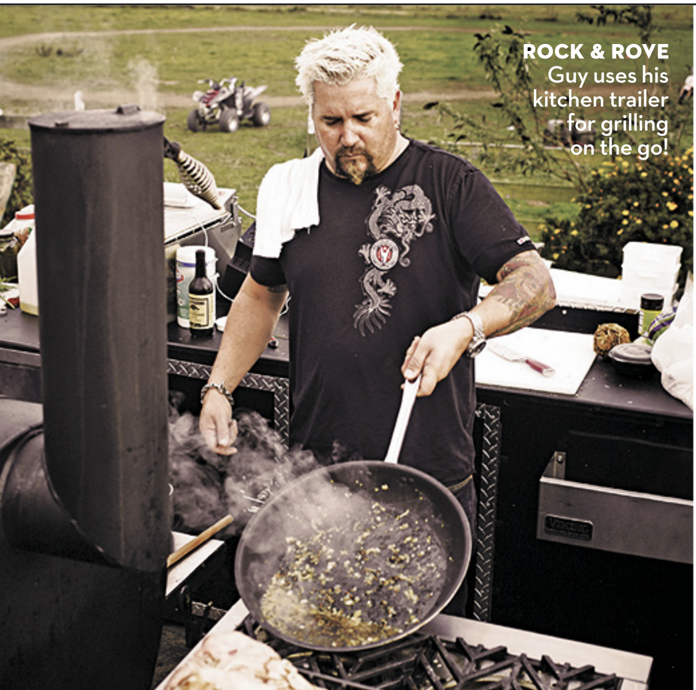
PIMIENTO-CHEESE
Chop 1 green onion + 4-oz. jar pimientos. Add 1 c. shredded Cheddar cheese + ⅓ c. mayo + ½ tsp. each hot sauce and Worcestershire. Divide among burgers.

THE SPICY ELVIS
Divide ¾ c. crunchy peanut butter + ½ c. hot-pepper jelly among burgers. Top each with 2 slices cooked bacon.

HOT HOISIN
Stir together ⅓ c. hoisin sauce + 3 Tbsp. sriracha. Divide among burgers. Top with fresh cilantro leaves.

CRUNCHY ONION
Top each burger with 1 Tbsp. onion dip + ¼ c. canned fried onions (we love French's).

GUY'S DONKEY SAUCE
Mix 1 c. mayo + ¼ c. roasted garlic + 1 tsp. mustard + ½ tsp. Worcestershire + ¼ tsp. each salt and pepper. Divide among burgers with toppings.



ROCK & ROVE Guy uses his kitchen trailer for grilling on the go!

FAMILY GUY

This grilling guru set up his backyard to handle some serious summer meals

★ **AT HOME OR ON THE ROAD,** Guy Fieri, a father of two, can whip up a mean alfresco feast. "I love cooking outside," says Guy, who has two outdoor kitchens for feeding his clan: one behind his home in Santa Rosa, CA—with an Italian pizza oven!—and a monster (26-foot) cooking trailer that he parks in his childhood yard in Ferndale, CA, for big celebrations like birthdays and Thanksgiving.

After spending a long day in the sun, slather on a product with soothing aloe to calm your skin.

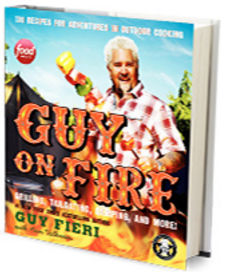
SIDES

PERFECT GRILLED CORN

PREP 25 minutes
TOTAL 40 minutes

8 ears corn, with husks

1. Pull husks to stalk end of corn without removing; pull off silks. Return husks to original position; tie with kitchen string.
2. In lg. saucepot or baking pan, soak corn in 10 c. cold water for 10 min. (Soaking corn this way helps keep husks from burning on grill.)
3. Prepare grill for direct grilling on med.-high. Place corn on hot grill grate and cook, uncovered, 15 min. or until tender, turning occasionally. Peel back husks; spread with toppings, *above right*, as desired.
Serves 8



ONE HOT READ!
Get a taste of Guy Fieri's new backyard-friendly cookbook, *Guy on Fire* ($30, HarperCollins), on these pages, then enter for a chance to win one of 10 autographed copies! Visit goodhousekeeping.com/guyfieri or see page 154 for details.

HORSERADISH-CHEDDAR
⅓ c. low-fat mayonnaise + 2 Tbsp. drained prepared horseradish (stir together).
COATING 1 c. shredded Cheddar cheese.

CILANTRO-LIME BUTTER
6 Tbsp. butter, softened + 1 Tbsp. fresh lime juice + ¼ c. packed cilantro leaves + ¼ c. packed parsley leaves (pulse in food processor).

BRUSCHETTA

2 med. very-ripe tomatoes, coarsely grated + 2 Tbsp. finely grated Parmesan cheese + 2 Tbsp. chopped fresh basil + ¼ tsp. salt (stir together).

TACO-STYLE

4 Tbsp. butter + 2 tsp. chili powder + 1 tsp. ground cumin + ¼ tsp. garlic powder + ¼ tsp. salt (microwave until melted).

CHEESY GARLIC-BACON

¾ c. garlic-and-herb spreadable cheese (about one 5-oz. pkg), softened.

COATING 4 strips bacon, cooked and crumbled + ¼ c. snipped chives.

HOW TO/ PACK IN THE FLAVOR

Heavy-duty foil—Guy's "culinary duct tape"—seals in veggies' moisture and great taste

CAMPFIRE VEGGIES

1 **FIRE UP THE GRILL** Place grill rack so it sits 4 to 5 inches above hot coals from a wood campfire (or prepare grill for direct grilling on medium).

2 **PICK YOUR VEGGIES** Choose one or a combination (Guy's picks: Brussels sprouts, carrots and potatoes) and toss together in large mixing bowl. Season well with salt and pepper; toss.

3 **MAKE THE PACKETS** Tear off two 14-inch sheets of foil; fold each in half to make a double layer. Place half of veggie mixture in even layer in center of one sheet. Top with single sheet of foil and fold up edges to form rectangular pouch (about 9" by 6"). Crimp edges tightly until well sealed. Repeat with remaining foil and mixture.

4 **GRILL 'EM UP** Place on grill; cook 17 to 20 minutes. To serve, slice open tops of pouches.

* * *

PRE-PACKED POUCHES
Assemble packets the night before and store in the fridge. Just throw 'em on the fire to cook—no cleanup!
Recipes, page 149

GARLIC-THYME BRUSSELS SPROUTS
HONEY-GINGER CARROTS
PARMESAN-ROSEMARY POTATOES

Photograph by John Lee

Catch your favorite shows: *Orange Is the New Black, Under the Dome* and *Royal Pains* are all back!

THE VOTES ARE IN!

When we asked which was America's favorite potato salad—you answered. And a resounding 85% prefer creamy taters over tangy!

85%
PICKED CREAMY!

ULTIMATE
CREAMY POTATO SALAD

PREP 20 minutes
TOTAL 40 minutes

2½	lbs. red potatoes, cut into 1-in. chunks
5	slices thick-cut bacon, chopped
¾	c. mayonnaise
1	Tbsp. spicy brown mustard
2	dill pickles, finely chopped (about ½ c.)
1	clove garlic, crushed with press
½	tsp. sugar
3	stalks celery, thinly sliced
2	c. corn kernels (from 3 ears)
2	green onions, thinly sliced

1. In lg. saucepot, combine potatoes, 1 Tbsp. salt and enough water to cover by 1 in. Cover; heat to simmering on high. Reduce heat to maintain simmer. Cook, partially covered, 10 to 12 min. or until very tender.

2. Meanwhile, in 12-in. skillet, cook bacon on med. 10 min. or until crisp. Transfer bacon to plate to cool. Transfer 3 Tbsp. bacon fat to lg. bowl along with mayonnaise, mustard, pickles, garlic, sugar and 1¼ tsp. salt. Whisk to combine; set dressing aside.

3. Drain potatoes well; gently toss with dressing. Let cool 15 min.; fold in bacon, celery, corn and green onions. (Can be refrigerated up to 1 day.)

SERVES 8 *About 350 calories, 5 g protein, 31 g carbohydrate, 24 g total fat (5 g saturated), 4 g fiber, 15 mg cholesterol, 810 mg sodium.*

★

FOR ALL YOU OUTLIERS
If you're one of the 15%, try the recipe for our light, tangy and unbelievably flavor-packed vinaigrette version on page 147.

Buy a basil plant. You'll have a steady supply all summer long for just a bit more than the price of a single bunch.

DESSERT

GROWN-UP
S'MORES

TOTAL 20 minutes

Heat ½ c. sugar in 3-qt. saucepan on med. until sugar melts. Cook, swirling pot (do not stir), 6 min. or until dark amber. Stir in 4 Tbsp. butter, cut up, ¼ c. sour cream and 2 Tbsp. bourbon (optional); cook, stirring, 2 min. Off heat, stir in 2 tsp. vanilla and ½ tsp. salt. Sandwich 1 Tbsp. between graham crackers with toasted marshmallows and bittersweet chocolate bars, broken into squares. ***Serves 8***

TOAST THE MOST
Stack 10 at a time on the reusable Rome Marshmallow Tree, *$19; amazon.com.*

HOW TO/ROAST PERFECT MARSHMALLOWS

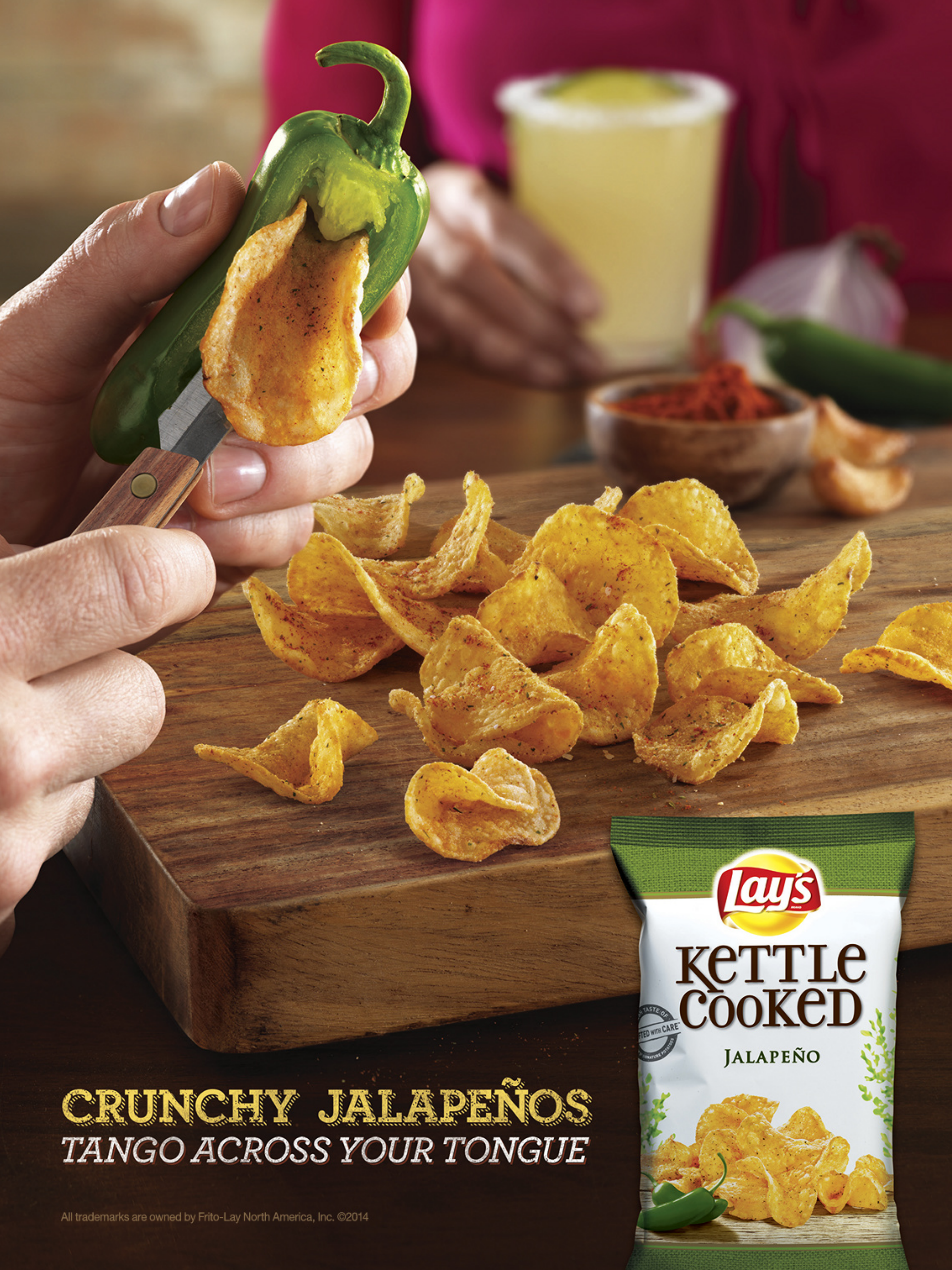
Best. Finger. Food. Ever. Check out this easy (foolproof) step-by-step

1 **CHOOSE YOUR SKEWERS** Long hardwood sticks are best. (Avoid woods from resinous trees like pine; they release sap when heated.)

2 **PERFECT THE PLACEMENT** Push skewer all the way through 1 or 2 marshmallows, leaving 1 in. empty at the tip to keep them from sliding off.

3 **GO LOW AND SLOW** A low-burning fire is best. Slowly rotate marshmallows on skewer 2 in. away from heat source for 45 seconds.

4 **COOL IT DOWN** Like 'em well done? Let them catch fire for 10 sec., blow out and cool 30 sec. (Never shake to extinguish.)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TASTE OF CRAFTED WITH CARE
JALAPEÑO
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5 IDEAS FOR
STRAWBERRIES

Make the most of the season—when berries are juicier and cheaper than ever—with a delish dessert and drink and even a deluxe summer sandwich/lunch!

1 / TROPICAL CRISP

In 2-qt. baking dish, toss 4 c. chopped strawberries, 3 c. chopped pineapple, ½ c. sugar, 3 Tbsp. cornstarch and ¼ tsp. salt. Top with 1 c. each granola and sweetened shredded coconut and 2 Tbsp. melted butter; bake at 350°F 35 min. or until bubbling. ***Serves 8***

2 / SPICY STRAWBERRY SALSA

Mix 1½ c. finely chopped strawberries, 1 c. finely chopped bell peppers, ½ c. finely chopped red onion, ¼ c. lime juice, 2 Tbsp. minced jalapeño and ½ tsp. salt. Serve with tortilla chips. ***Serves 8***

3 / SKINNY SHORTCAKE POPPERS

Trim stems off 1 lb. strawberries; hollow out centers using sm. knife. Fill with ½ c. plain nonfat Greek yogurt. Roll yogurt ends in mix of 3 Tbsp. packed light brown sugar and 1 slice pound cake, toasted and finely crumbled. ***Serves 8***

BUMBLE JUMBLE
Swap in 1 c. each blueberries and raspberries for half the strawberries.

4 / STRAWBERRY AGUA FRESCA

Puree 2 lbs. strawberries, quartered; 2 c. water; ½ c. sugar; and 2 Tbsp. lime juice in blender until smooth. Strain into pitcher through fine-mesh sieve, pressing and stirring with spatula (discard solids). Serve immediately over ice, or cover and refrigerate up to 1 day. ***Serves 8***

5 / SWEET & SAVORY GRILLED CHEESE

Toss 1½ c. chopped strawberries and 1 Tbsp. balsamic vinegar in bowl; sandwich berries and 4 (¼-in.-thick) slices fresh mozzarella cheese between 8 (½-in.-thick) slices challah bread, making 4 sandwiches. Grill on med. 4 min. per side or until cheese melts. ***Serves 4***

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FEEL★GOOD

Vacation Fit

HOLIDAYS ARE SUPPOSED TO restore your energy and spirits, but you have to stay active to get the full benefit. A University of Michigan study found that women who took a 10-day break from exercising felt *more* tired after the hiatus. So, try a new sport (paddleboarding, anyone?) or take long walks to explore fun places. Also, check whether your hotel has a fitness center or offers in-room workout kits (more and more do). **Bonus:** You'll burn extra calories so you can indulge in local eats!

Photograph by Gallery Stock

Really unplug. Find a hotel that helps you ditch your devices. One to try: Lake Placid Lodge offers a "Check In to Check Out" package.

Health News

We read the research so you don't have to

A Cloud Over Your Sun

THOSE YEARS OF TANNING are now showing up in some alarming statistics: Between 1970 and 2009, the incidence of melanoma in women ages 40 to 50 increased 24-fold (compared with a 4.5-fold uptick in men). "It's the highest rate of increase we've seen in any group," says the study head, Jerry Brewer, M.D., a dermatologist at the Mayo Clinic. You can't ask for a do-over, but you can make sure to use sunscreen religiously *now* (for how-tos and winning picks, see "5 of the Best Skin Savers," page 25). Also, check monthly for abnormal growths or changes in moles, and get examined by a dermatologist once a year.

MIGRAINE AHA

STOP YOUR NEXT HEADACHE

1 **TREAT SEASONAL SNIFFLES** Migraine sufferers are twice as likely to have persistently runny noses, a large survey found. Treating allergies and nasal symptoms may lead to fewer or milder headaches.

2 **HAVE A BEDTIME SNACK** A study of headache diaries revealed that migraine-prone adults were 40% less likely to get an attack during the day if they'd nibbled before bed the night before.

IN SICKNESS AND...

If your guy develops pre-diabetes or the full-blown kind, your own risk doubles, probably a result of shared habits. Get healthy à deux: Diet and exercise can slow—or even stop—the illness.

Photographs, from left: Getty Images; istockphoto.

Try a long-lasting lip stain. Your color won't fade, even after a few tropical drinks.

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Nutrition News

Eating smart made easy

Brew With Benefits

When you buy bottled iced tea, convenience comes at a price: Most of them skimp on health-boosting polyphenols. In one test, the "best" brand had 81 mg of polyphenols per 16-ounce bottle and the worst just 3 mg. Meanwhile, home-steeped tea has 50 mg to 150 mg per cup. An easy solution: Takeya Iced Tea Maker, $25, lets you brew your own icy beverage without tacking on chilling time—simply add ice to steeped tea and shake for 30 seconds. In GHRI tests, there were no drips or leaks, even when a pitcher was stored lying down.

Coupons: Not Always a Bargain

THEY MAY TRIM YOUR FOOD COSTS, but they won't do the same for your waist: In a study of six national grocery chains' online coupons, fewer than 5% were for fruits, veggies or unprocessed meats. A full 25% offered discounts on snack foods, candies and desserts—and that's not even counting the sugary drinks. "They are a way to sell you something, so treat coupons like ads," says senior author Hilary Seligman, M.D., of the University of California, San Francisco. Her advice: Check manufacturers' sites for deals on items like low-fat yogurt and frozen veggies.

MEDITERRANEAN MADE EASY

To enjoy the benefits of a heart-healthy (and scale-friendly) Greek diet without cooking, try these heat-and-eat meals plus quick extras:

ENTRÉE	ADD-ON	
Morningstar Farms *Mediterranean Chickpea Burger*	*Layer in some sliced cukes.*	
Kashi *Greek Tzatziki Pizza*	*In-season figs are the perfect dessert.*	
Barilla *Italian Entrées Tomato & Basil Whole Grain Penne*	*Pair with a green salad and sprinkle on some Parmesan.*	

Capture every moment. The bendy legs of the GorillaPod camera tripod ($20, joby.com) can wrap around tree branches or sit in sand.

Photographs by Getty Images (produce); istockphoto (lemons).

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Scientific evidence suggests, but does not prove, that eating 1.5 ounces per day of most nuts, such as almonds, as part of a diet low in saturated fat and cholesterol may reduce the risk of heart disease. A one-ounce handful has 13g of unsaturated fat and only 1g of saturated fat.

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Seat Protectors*
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Plus épaisses† et super absorbantes
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HOW I DROPPED

165 Pounds,

beat multiple sclerosis and found love

Today, Tabitha Antoniak is the buff co-owner of a gym. But five years ago, she weighed nearly 300 pounds—and was dealing with a devastating health crisis

BY CATHERINE CLIFFORD

➡ **LIFE CHANGES ARE** never easy. For Tabitha Antoniak, 34, it took two harsh blows—a diagnosis of multiple sclerosis in 2006 and, two years later, an end to her marriage—to make her gather her strength and confront the things that were really troubling her. Her weight then, 295 pounds, topped that list.

Growing up in Omaha, Tabitha was an avid athlete. When she graduated from high school in 1998, she was 5' 5" and a trim 145 pounds despite having a huge appetite. “I could eat a pizza by myself,” she says. “But I was young and active, and I burned it off.”

That didn’t last. When she started college at University of Nebraska Omaha, her parents divorced, and Tabitha turned to food to cope. Busy with a full course load, a part-time job and sorority obligations, she stopped exercising. By the time she quit school two years later, she’d compulsively eaten her way to weighing over 200 pounds.

She got married in 2002, in Omaha, where she was working as a receptionist for a staffing company. Her husband had a physically demanding job and just wanted to relax in the evenings. So they’d sit in bed each night, eating food from Burger King or Taco Bell and watching TV until they both fell asleep.

> *“My first goal weight was 150 pounds. When someone suggested I aim for even lower, I said, ‘If I get under 200, it’ll be a miracle!’ Now I’m at 130.”*
>
> *—TABITHA ANTONIAK*

Photographs by Ashley Crawford Photography

Take a farm-to-table cooking class for fresh food ideas.
Check your farmers’ market for a course near you.

Diagnosis… and divorce

HIGH SCHOOL
Tabitha at 18, at 145 pounds.

9 YEARS LATER
Tabitha at 27, at 295 pounds.

IN 2004, Tabitha's eyesight started fading intermittently. "Suddenly, everything would get fuzzy—it was scary," she says. Her mom had multiple sclerosis (MS), and Tabitha knew that this eye condition, called optic neuritis, was often a precursor to the disease. In MS, the immune system attacks the protective fatty sheath around nerves, which can lead to a loss of feeling or even function. But the tests for it were inconclusive, so Tabitha simply pushed those concerns away.

About two years later, however, she developed an ache in one arm and some numbness in her hands and feet. When an MRI revealed MS's telltale brain and spinal cord lesions, she says, "I was devastated and terrified. I'd seen my mom lose feeling on her entire left side for months at a time. I knew that any day I could wake up and be using a wheelchair for the rest of my life."

Managing her disease—looking up treatments, getting second opinions, battling over the costs of medications—exhausted her. She was often numb from the MS and aching from the drugs—medications that were designed to slow the disease and its effects, as well as steroids, which put her appetite into overdrive. Tabitha's weight shot up to 295 pounds.

Then she discovered that her husband was having an affair. Though devastated, she still tried over the following few weeks to persuade him to stay. "He said, 'Look, I'm not the guy who's going to be pushing you around in a wheelchair,'" she says.

Hearing everything her husband thought was unlovable about her—"It was a 'Who'd want *you?*' conversation," she says—was deeply humiliating. But there was something else that hurt even more. "I realized that I agreed with him," she says. "*I* didn't like myself, either."

Back on track

LIVING ALONE in their four-bedroom ranch-style home for the first time was frightening. Tabitha knew that if she woke up unable to move due to MS symptoms, no one would be there to help. But facing that fear began to give her strength. "I realized I had no one else. I had to take care of myself," she says.

With just her own needs to meet, she was able to make healthier choices regarding food (scaling back on junk) and free time (giving up TV in the bedroom). She moved into the apartment complex where her best friend lived, and the two became walking buddies, taking laps around a nearby lake and a local mall. And since depression can be a side effect of MS drugs, she decided—against her doctors' orders, but still under their watch—to go off all of them.

Rather than worsening, her symptoms improved; whether this was due to having healthier habits or the sheer unpredictability of MS was impossible to know. But as Tabitha became more active and, over three years, lost 70 pounds, she

TABITHA'S TOP TIPS

1
GET COMPETITIVE
"A friend suggested I try a boot camp and said I could do it at a slower pace. Once I started, I became determined not to fall behind!"

2
FUEL YOUR BODY
"My post-run breakfast is a protein shake, a banana and coffee."

3
CONTROL PORTIONS
"Frozen diet meals make lunch easy. When I go out, if I can't find anything low-cal, I ask for four ounces of chicken with no oil and a cup of vegetables."

4
GET SLOW (COOKED)
"I make Buffalo chicken in a slow cooker so dinner is waiting after work. We put it on low-carb tortillas or buns with low-fat cheese."

5
BE FLEXIBLE
"If I eat a Snickers, I just trim calories elsewhere."

6
EAT WHAT YOU LIKE
"You don't have to live on salad! Try new things until you find healthy foods you love."

7
BUDDY UP
"My boyfriend, Bill, and I anchor each other. If one of us gets off course with workouts, the other will say, 'How can I help you find more time?'"

Photographs courtesy of Tabitha Antoniak

Slip a shower cap from your hotel over the bottoms of sneakers or sandy flip-flops while packing to go home.

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TRIFEXIS®
(spinosad + milbemycin oxime)
Chewable Tablets

Before using TRIFEXIS chewable tablets, please consult the product insert, a summary of which follows:

Caution: Federal (USA) law restricts this drug to use by or on the order of a licensed veterinarian.

Indications:
TRIFEXIS is indicated for the prevention of heartworm disease (*Dirofilaria immitis*). TRIFEXIS kills fleas and is indicated for the prevention and treatment of flea infestations (*Ctenocephalides felis*), and the treatment and control of adult hookworm (*Ancylostoma caninum*), adult roundworm (*Toxocara canis* and *Toxascaris leonina*) and adult whipworm (*Trichuris vulpis*) infections in dogs and puppies 8 weeks of age or older and 5 pounds of body weight or greater.

Contraindications:
There are no known contraindications to the use of TRIFEXIS Chewable Tablets.

Warnings:
Not for human use. Keep this and all drugs out of the reach of children.

Serious adverse reactions have been reported following concomitant extra-label use of ivermectin with spinosad alone, one of the components of TRIFEXIS Chewable Tablets (see **ADVERSE REACTIONS**).

Precautions:
Treatment with fewer than 3 monthly doses after the last exposure to mosquitoes may not provide complete heartworm prevention (see **EFFECTIVENESS**).

Prior to administration of TRIFEXIS, dogs should be tested for existing heartworm infection. At the discretion of the veterinarian, infected dogs should be treated with an adulticide to remove adult heartworms. TRIFEXIS is not effective against adult *Dirofilaria immitis*. While the number of circulating microfilariae may decrease following treatment, TRIFEXIS is not indicated for microfilariae clearance. Mild, transient hypersensitivity reactions manifested as labored respiration, vomiting, salivation and lethargy, have been noted in some dogs treated with milbemycin oxime carrying a high number of circulating microfilariae. These reactions are presumably caused by release of protein from dead or dying microfilariae.

Use with caution in breeding females. The safe use of TRIFEXIS in breeding males has not been evaluated. Use with caution in dogs with pre-existing epilepsy. Puppies less than 14 weeks of age may experience a higher rate of vomiting.

Adverse Reactions:
In a well-controlled US field study, which included a total of 352 dogs (176 treated with TRIFEXIS chewable tablets and 176 treated with an active control), no serious adverse reactions were attributed to administration of TRIFEXIS chewable tablets. All reactions were regarded as mild.

In some cases, dogs vomited after receiving TRIFEXIS. To ensure heartworm prevention, observe your dog for one hour after administration. If vomiting occurs within an hour of administration, redose with another full dose.

Reactions that occurred at an incidence >2% (average monthly rate) within any of the 6 months of observation are presented in the following table:

Average Monthly Rate (%) of Dogs With Adverse Reactions

Adverse Reaction	TRIFEXIS Chewable Tablets[a]	Active Control Tablets[a]
Vomiting	6.13	3.08
Pruritus	4.00	4.91
Lethargy	2.63	1.54
Diarrhea	2.25	1.54

[a] n=176 dogs

In the US field study, one dog administered TRIFEXIS experienced a single mild seizure 2½ hours after receiving the second monthly dose. The dog remained enrolled and received four additional monthly doses after the event and completed the study without further incident.

Following concomitant extra-label use of ivermectin with spinosad alone, a component of TRIFEXIS, some dogs have experienced the following clinical signs: *trembling/twitching, salivation/drooling, seizures, ataxia, mydriasis, blindness and disorientation*. Spinosad alone has been shown to be safe when administered concurrently with heartworm preventatives at label directions.

In US and European field studies, no dogs experienced seizures when dosed with spinosad alone at the therapeutic dose range of 13.5-27.3 mg/lb (30-60 mg/kg), including 4 dogs with pre-existing epilepsy. Four epileptic dogs that received higher than the maximum recommended dose of 27.3 mg/lb (60 mg/kg) experienced at least one seizure within the week following the second dose of spinosad, but no seizures following the first and third doses. The cause of the seizures observed in the field studies could not be determined.

For technical assistance or to report an adverse drug reaction, call 1-888-545-5973. Additional information can be found at www.TRIFEXIS.com.

Post-Approval Experience (March 2012):
The following adverse reactions are based on post-approval adverse drug event reporting. The adverse reactions are listed in decreasing order of frequency: vomiting, depression/lethargy, pruritus, anorexia, diarrhea, trembling/shaking, ataxia, seizures, hypersalivation, and skin reddening.

Effectiveness:
Heartworm Prevention:
In a well-controlled laboratory study, TRIFEXIS was 100% effective against induced heartworm infections when administered for 3 consecutive monthly doses. Two consecutive monthly doses did not provide 100% effectiveness against heartworm infection. In another well-controlled laboratory study, a single dose of TRIFEXIS was 100% effective against induced heartworm infections. In a well-controlled six-month US field study conducted with TRIFEXIS, no dogs were positive for heartworm infection as determined by heartworm antigen testing performed at the end of the study and again three months later.

Flea Treatment and Prevention:
In a well-controlled laboratory study, TRIFEXIS demonstrated 100% effectiveness on the first day following treatment and 100% effectiveness on Day 30. In a well-controlled laboratory study, spinosad, a component of TRIFEXIS, began to kill fleas 30 minutes after administration and demonstrated 100% effectiveness within 4 hours. In field studies conducted in households with existing flea infestations of varying severity, flea reductions of 98.0% to 99.8% were observed over the course of 3 monthly treatments with spinosad alone. Dogs with signs of flea allergy dermatitis showed improvement in erythema, papules, scaling, alopecia, dermatitis/pyodermatitis and pruritus as a direct result of eliminating the fleas.

Treatment and Control of Intestinal Nematode Infections:
In well-controlled laboratory studies, TRIFEXIS was ≥ 90% effective in removing naturally and experimentally induced adult roundworm, whipworm and hookworm infections.

NADA #141-321, Approved by the FDA

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felt healthier than she had at any time since high school. Most important, she hasn't had new lesions since 2009. She believes that MS drugs can work, but that stopping was the right choice for her: "I knew anything could happen at any time, but I felt good, and I stopped being so fearful."

AFTER
Tabitha and Bill in 2013.

Love, fitness and business

EARLY IN 2011, when Tabitha's life had begun to feel more manageable, she reconnected through Facebook with Bill Shimkus, a high school friend whose marriage had also ended. Over the next few months, they fell in love. Bill wanted to add muscle to his beanpole frame, so dates became side-by-side weight-lifting workouts and lakeside walks.

They moved in together that summer, right when Tabitha's office paid for everyone on staff to sign up with the Tony Dean F.A.S.T. Diet, a program based in Omaha. She weighed 214 pounds at the time. The diet's rules were simple: 30 minutes of aerobic exercise, 64 ounces of water and, for Tabitha, at least 22 grams of fiber every day, plus staying within a daily 1,000- to 1,400-calorie range.

She began by walking before work, graduated to running and interval training, then added in weight training a few days a week. She kept a detailed food journal, measured portions at work and at home and e-mailed her numbers to Tony Dean every night as part of the plan.

However, the key to her success was Bill, who agreed to be her coach. He got up at 5 A.M. for workouts, helped plan meals and "held me accountable," says Tabitha. "If I told him the number on the scale hadn't gone down, he'd say, 'OK, what do we'—always 'we'—'need to change?'"

By February 2013, she had shed another 84 pounds and had reached her goal weight of 130. Buoyed by her success and their shared passion for fitness, she and Bill took a leap: When the gym they frequented went up for sale, they bought it. Now Bill works there full-time, while Tabitha still has her job at the staffing agency, where today she's director of business development.

As for her MS, Tabitha has occasional aches and tingles. She's convinced her weight loss and active lifestyle have helped slow the disease, but she knows there's no guarantee she'll remain healthy. Still, after losing 165 pounds and regaining her confidence, she feels that she can handle whatever comes. "The real me disappeared for a while inside that overweight, depressed body," she reflects. "I reemerged as a positive, energetic person—and that's who I really am." GH

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✓ REBUILDS ENAMEL
✓ FRESHENS BREATH
✓ INVIGORATING SENSATION
REFRESHING MINT

Good Housekeeping Crest Pro-Health Reader Panel Study. Survey fielded March 6-11, 2014. Total respondents: 601.

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★ FEEL GOOD

7 YEARS YOUNGER

Your guide to the latest age-defying beauty, fitness and health strategies

BEAUTY BUZZWORD

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IT'S THE NEWEST trend in beauty "cocktails": skin care/cosmetic hybrids that "blur" the look of wrinkles. When they're layered under makeup (like primer), their light reflectors and silicones also minimize pores, and they deliver long-term skin benefits. Try **Kiehl's** Micro-Blur Skin Perfector ($35, kiehls.com) and **L'Oréal Paris** Revitalift Moisture Blur ($25, drugstores): Each contains pore-clearing lipo hydroxy acid, which helps smooth skin over four weeks.

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PROTEIN PLUS

Cold Pea & Herb Soup

This first course brims with wrinkle-smoothing protein and vitamin C. Bonus: belly-blasting fiber

1. PUREE 1 lb. frozen peas, thawed; 1 med. avocado; 2 c. cold water; ¼ c. lemon juice; 2 cloves garlic, pressed; ½ tsp. salt; and ¼ tsp. pepper in blender until smooth.
2. DIVIDE among 4 bowls; top with 2 Tbsp. minced dill and scallions plus more pepper.
Serves 4; 160 calories, 6 g fiber

7 YEARS YOUNGER
THE ANTI-AGING BREAKTHROUGH
DIET
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MELT OFF POUNDS AND YEARS!

FROM THE BOOK

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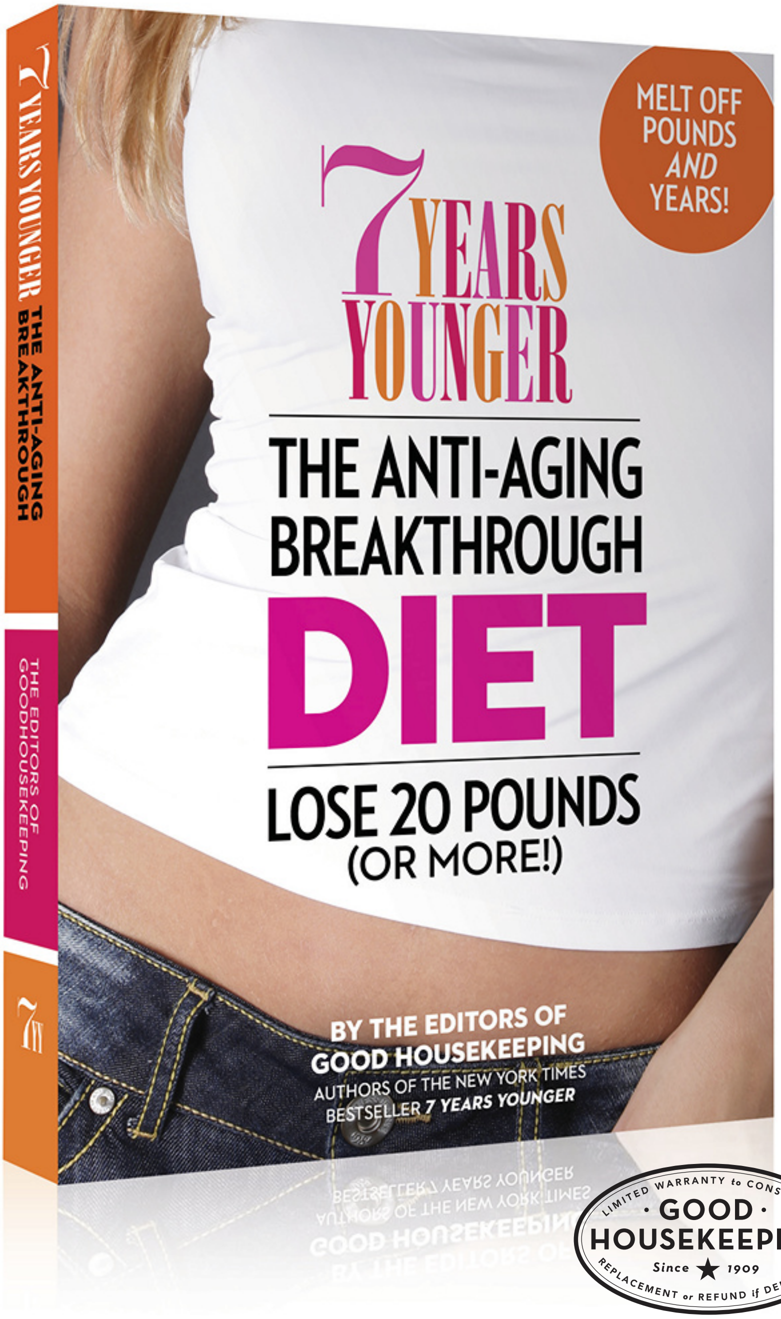
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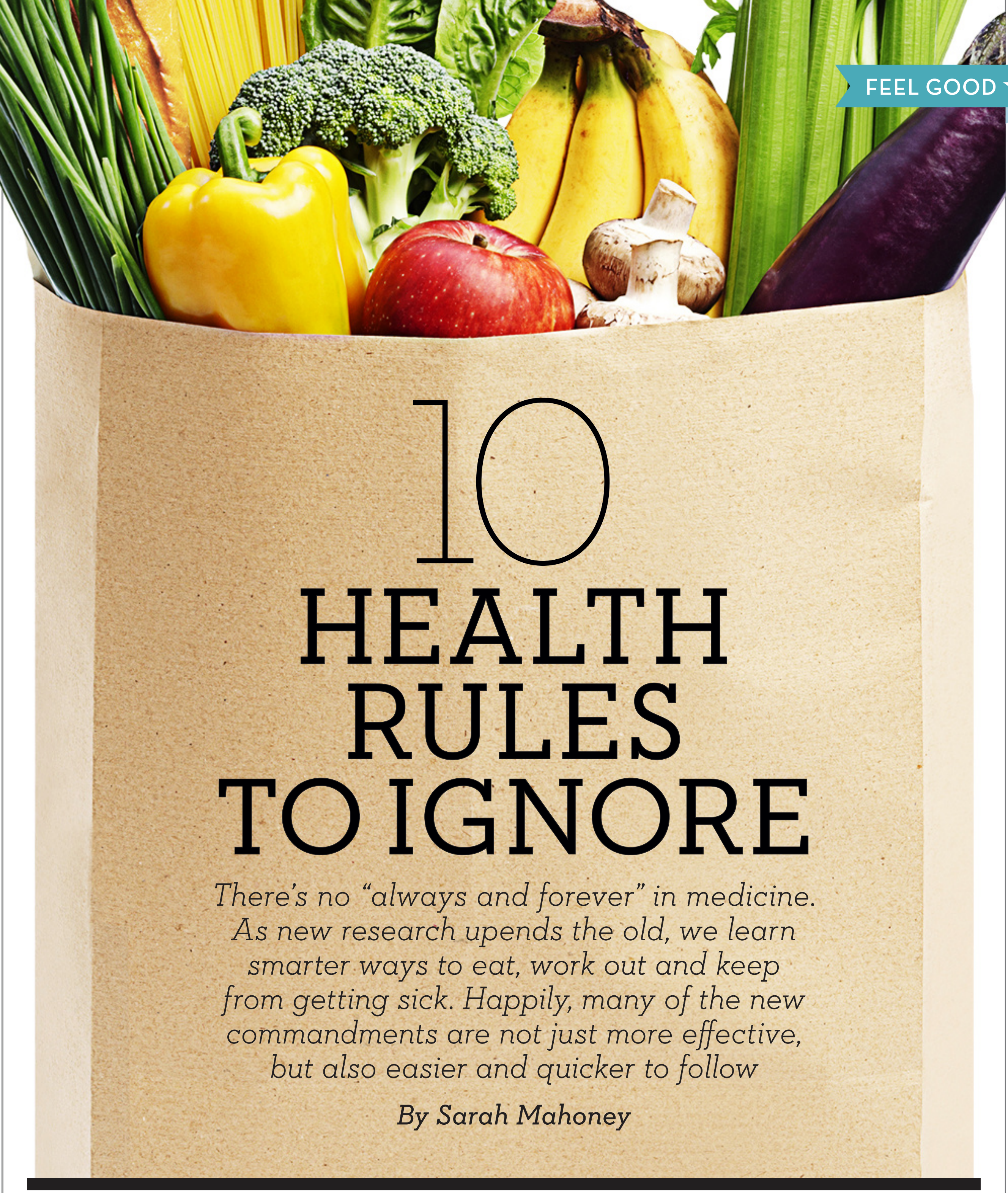
*An average person following this plan should expect to lose 1-2 lbs. a week.



10

HEALTH RULES TO IGNORE

There's no "always and forever" in medicine. As new research upends the old, we learn smarter ways to eat, work out and keep from getting sick. Happily, many of the new commandments are not just more effective, but also easier and quicker to follow

By Sarah Mahoney

Photograph by Getty Images

OLD RULE »

EAT THE RAINBOW

When nutrition experts first urged us to fill our plates with brightly hued produce, it made sense. Researchers were discovering the powerful benefits of a crayon box of antioxidants, from red (lycopene in tomatoes) to blue and purple (anthocyanins in berries and grapes) to orange (beta-carotene in carrots).

FRESH THINK

WHITE IS A COLOR, TOO!

Cauliflower packs the powerful cancer-combating compounds also found in its flashy cousin, broccoli. Garlic and onions may be pale, but they protect against stomach and colorectal cancer. And portobello and cremini mushrooms are just as rich in antioxidants as green beans, carrots and red peppers.

Pair a waterproof mascara with a smudge-proof eye shadow. No more post-swim raccoon eyes!

OLD RULE »

EAT MEAT FOR IRON

For years, women have been advised to eat moderate amounts of lean beef because it's the best source of iron. Bad news for burger fans: A three-ounce patty may deliver 2.2 mg, but there's compelling evidence that red meat's heme iron increases heart-disease risk for some women. It's also associated with a higher risk of colon cancer.

FRESH THINK

GO GREEN FOR IRON

If you're under 50, the recommended daily allowance is 18 mg, and after menopause, it plunges to 8 mg. Healthy non-heme sources: dark green leafy vegetables, legumes, dried fruits and blackstrap molasses. Eat these alongside produce high in vitamin C, which helps you absorb the iron.

OLD RULE »

AVOID PROCESSED FOODS

It's still good advice if you're considering things like cookies, white bread and sweet cereals. These can be loaded with sugar and may also lack the nutrients you find in less-refined products.

FRESH THINK

NOT ALL FAST FOODS ARE CREATED EQUAL

Canned light tuna, frozen brown rice, whole-grain pasta...stock up on these (and prepped veggies), and you can have a healthy dinner in a flash. For extra benefits, include processed legumes such as canned beans (lower-sodium varieties). A recent review found legumes help prevent obesity and minimize some of the health risks of being overweight.

SHOP AROUND *You've heard you should head to the edges of the supermarket, where you can find fresh produce, lean protein and low-fat dairy. But don't miss the center aisles for nutritional goodies like nuts, olive oil and whole grains.*

Photographs, clockwise from top left: istockphoto (2); BEN GOLDSTEIN/Studio D, prop styling by Morgan Levine for patbatesandassociates.com (2).

OLD RULE »

CHOOSE WILD SALMON

We've all read about the risks of PCBs in farmed salmon, yet we've been shocked by wild salmon's hefty price. Now, Harvard researchers have put the risk in perspective: If 100,000 people ate farmed salmon twice a week for 70 years, the PCB intake could potentially cause 24 extra deaths from cancer—but that salmon also would prevent at least 7,000 deaths from heart disease.

FRESH THINK

SWIM WITH LOTS OF FISHES

Your goal is to eat more sustainable seafood: Try lesser-known species like pollock, mackerel and whiting. To make environmentally friendly choices while you shop, download the free Seafood Watch app from Monterey Bay Aquarium. The app includes ProjectFishMap, a restaurant-and-market locator.

32
750 ml
24 oz
500 ml
16 oz
BODYFIT
5

OLD RULE »

STRETCH BEFORE A WORKOUT

Grade school gym teachers promised that stretching would prevent pulled muscles, and ever since, you've probably started your workouts by reaching for your toes. But static stretches (the ones you hold) don't really protect against injuries—and they can hurt your regimen. In studies, exercisers who get right to it can lift more weight and run faster than those who stretch first.

FRESH THINK

WARM UP WITH EXERCISE

Ease into your workout—say, with a slow jog, suggests Lynn Millar, Ph.D., professor of physical therapy at Winston-Salem State University in North Carolina. But do finish off your session with stretches—that will improve your range of motion: "Just 10 minutes of stretching at least two to three times a week is probably enough to give you the benefit you want," says Millar.

DON'T JUST SIT THERE *If your goal is to live a long life, exercise is important, but you also need to get out of your chair for a few minutes every hour. Chained to a desk? Even tapping your feet can provide a boost.*

OLD RULE »

REPLACE SHOES EVERY SIX MONTHS

Beyond the obvious—such as visible wear on the outsoles or creasing in the midsoles—studies haven't turned up much solid evidence on the right time to trade in your workout shoes.

FRESH THINK

MIX UP YOUR FOOTWEAR

Researchers in Luxembourg found that runners who rotated among different pairs of running shoes had a 39% lower injury risk. Hey, it's not every day you learn that buying more shoes is actually good for you!

OLD RULE »

SQUATS KILL YOUR KNEES

Trainers often warn that if you have knee problems, you should skip doing squats or—at the least—be extra careful not to let your knees go past your toes.

FRESH THINK

DO *MORE* SQUATS!

They strengthen your butt and thighs, which in turn helps stabilize your knee joints. As for the knees-over-toes rule, don't go overboard: Pulling back may increase hip stress and the load on your lower back.

Play ball! Get the big-game feel for a lot less money at a minor-league baseball game.

Keep your phone handy—and dry—with an arm sleeve.

COOL DOWN, BLISS OUT

News flash: Cooling down won't reduce post-exercise soreness. To exit your workout in bliss, choose the right tunes. A new study found that exercisers responded best to cooldown songs with fewer than 90 beats per minute. Researchers worked with Spotify, analyzing 6.7 million playlists; two winners: Lorde's "Royals" and Ellie Goulding's "Burn."

OLD RULE

GET A PAP TEST EVERY YEAR

Ob-gyns once believed the annual Pap was necessary to find cell abnormalities that could lead to cancer of the cervix.

FRESH THINK

NO PAPS (EVER?)

In March, an advisory panel to the Food and Drug Administration recommended that for women 25 and over, doctors can skip the Pap and just use a new DNA HPV test that directly detects dangerous strains of the cancer-causing virus. (The agency and doctors are now considering that recommendation.) Meanwhile, here's another annual-exam update: Your ob-gyn may want to talk about your weight. Ouch.

OLD RULE

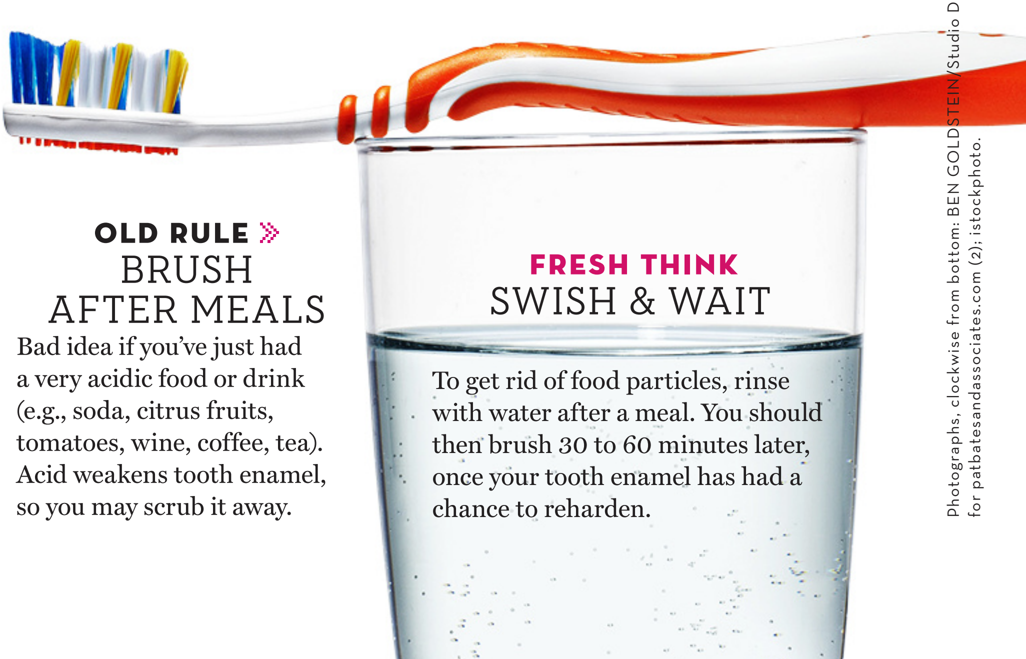
LAUNDER IN COLD WATER

It may be kinder to the planet, but microbiologists have shown that after a cool wash, our clean undies may be anything but. Which also means your dishtowels could be picking up fecal matter!

FRESH THINK

BRING ON THE HEAT

Wash with hot water, separating germy clothes (socks, sheets, undies) from washcloths and dishtowels. Also, scrub your hands after handling dirty laundry.



OLD RULE

BRUSH AFTER MEALS

Bad idea if you've just had a very acidic food or drink (e.g., soda, citrus fruits, tomatoes, wine, coffee, tea). Acid weakens tooth enamel, so you may scrub it away.

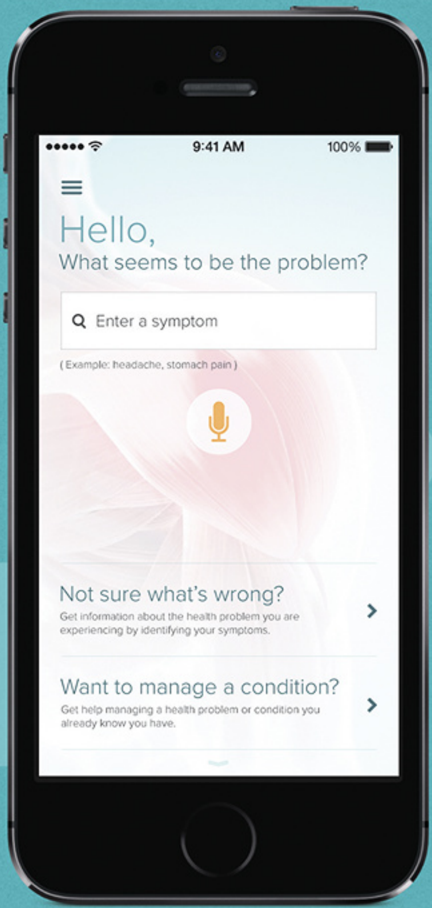
FRESH THINK

SWISH & WAIT

To get rid of food particles, rinse with water after a meal. You should then brush 30 to 60 minutes later, once your tooth enamel has had a chance to reharden.

Photographs, clockwise from bottom: BEN GOLDSTEIN/Studio D, prop styling by Morgan Levine for patbatesandassociates.com (2); istockphoto.

Doctor's knowledge, at your fingertips. AskMD™



9:41 AM

100%

Hello,

What seems to be the problem?

Enter a symptom

(Example: headache, stomach pain)

Not sure what's wrong?

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Get help managing a health problem or condition you already know you have.

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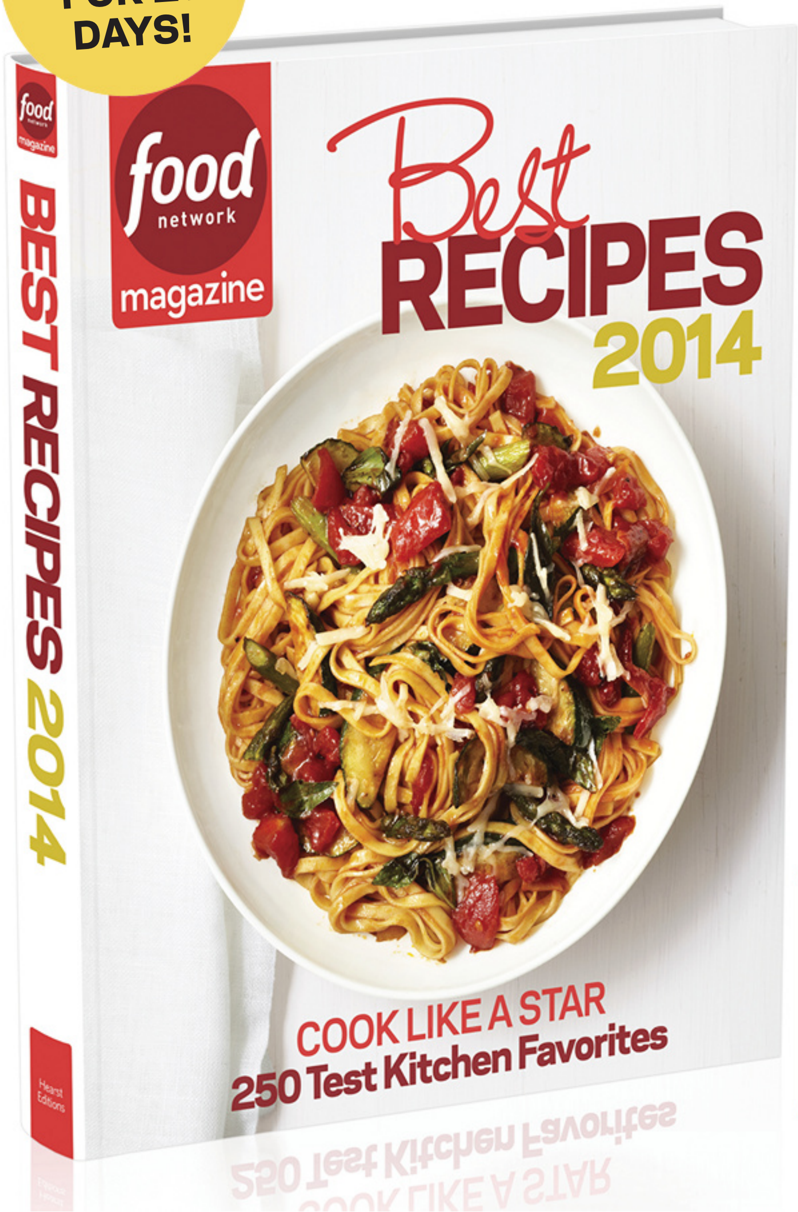

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Drop 5 lbs

Tips and Tricks to Try Today

GOOD DOG
BAD DOG

A FITTER FRANK

This cookout fave doesn't have to be a diet wrecker. Choose a lighter dog, bun and fixings—and you can even have dessert.

INSTEAD OF...	CHOOSE	SAVE
Regular beef frankfurter **(155 calories)**	Hebrew National 97% Fat Free Beef Frank **(45 calories)**	**110 CALORIES**
Classic white hot dog bun **(130 calories)**	Nature's Own 100% Whole Wheat Hot Dog Roll **(110 calories)**	**20 CALORIES**
1 Tbsp. ketchup **(20 calories)**	1 Tbsp. mustard **(10 calories)**	**10 CALORIES**
2 Tbsp. relish **(30 calories)**	2 Tbsp. chopped onion and sweet peppers **(7 calories)**	**23 CALORIES**
TOTAL: 335	**TOTAL: 172**	

Total Saved: **163**

My Stay-Slim Secret

"I measure out exact portions of calorie-dense foods. I couldn't believe how small two tablespoons of peanut butter looked the first time I did it—definitely less than I'd been scooping." **—JESSICA DIAMOND, LIVINGSTON, NJ**

The Weekday Diet Plan

Splurging on the weekend is OK if you stay on track Monday through Friday. A study from Cornell University's Food and Brand Lab found that everyone weighs more on Sunday and slowly drops pounds throughout the week. To slim down, you need to be especially conscientious on weekdays to compensate for Saturday and Sunday, says study author Brian Wansink, Ph.D.

DO THE MATH

1 serving of cherry cobbler **(470 calories)** = 3 Nature Valley Dark Chocolate Cherry Trail Mix bars **(140 calories each)**

Fit more into your suitcase by packing the heaviest items first (like shoes and pants) and placing rolled-up lighter pieces on top.

Photographs, clockwise from top right: LARA ROBBY/Studio D; BEN GOLDSTEIN/Studio D (3); Getty Images; BEN GOLDSTEIN/Studio D (2).

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ACTIVE INGREDIENTS:
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Pyriproxyfen (Nylar) 0.5%
S-Methoprene 0.25%
OTHER INGREDIENTS: 33.25%
TOTAL 100.0%
* (butylcarbityl)(6-propylpiperonyl) ether and related compounds
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NYLAR, MGK® - Registered Trademarks of McLaughlin Gormley King Company
NET CONTENTS: Contains 3 Tubes, each 0.132 fl oz (3.90ml)
KEEP OUT OF REACH OF CHILDREN
CAUTION: SEE BACK PANEL FOR ADDITIONAL PRECAUTIONARY STATEMENTS.
DO NOT USE ON CATS
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GOOD★LIFE

WHAT PUTS THE GOOD IN YOUR LIFE?

Set That Camera Down!

➡ Want to make the most of those glorious summer days? Resist your urge to record them. It turns out constantly reaching for a camera actually makes us *less* likely to remember the details, says a new study from Fairfield University. “To have rich memories, you need to have rich experiences,” says study author Linda Henkel, Ph.D. “When you get caught up in documenting an event, you’re less likely to pay close attention in the moment.” So before snapping a photo, savor the details.

Photograph by Getty Images

Add baby spinach to a breakfast smoothie. You won’t taste the difference, but you'll get a veggie boost before 9 A.M.!

On a shoot in Ethiopia, filmmaker Mary Jordan joins in a local ritual.

Through Hell for GOOD WATER

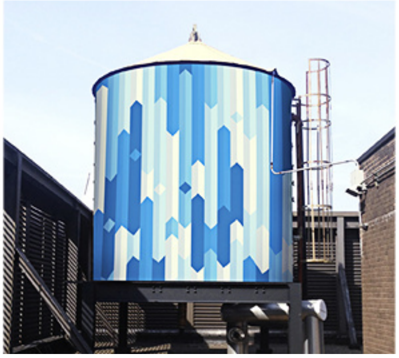
Mary Jordan went to Africa to make a movie and instead had a terrifying brush with death. Now she's working to save lives with H_2O

BY TAFFY BRODESSER-AKNER

THE PAIN FELT LIKE knives stabbing through her gut. Mary Jordan, an award-winning filmmaker, had been working on a documentary on the Hamer tribe in a remote region of Ethiopia for three months in 2007. She had witnessed their struggles for water—seen young girls make long, backbreaking treks to haul fresh water to their villages; heard stories of their being raped en route. Now, ironically, the struggle had become personal: Jordan had a waterborne disease and was "at the mercy of a place with no hospital, no running water…I was afraid I would die," she says. But an Ethiopian girl helped load Jordan into a wheelbarrow, roll her to her SUV, get her medicine and nurse her back to health. At the end of the ordeal, the girl wouldn't accept any thanks; instead, she asked Jordan to help make the world understand the precariousness of the water supply.

One afternoon a year and a half later, intent on fulfilling her promise, Jordan noticed one of New York City's iconic wooden water towers perched atop a building and had an epiphany. *They're like these little temples that hold water,* she thought. Suddenly, a water tower seemed like something much more—a blank canvas. In that moment, the Water Tank Project was born (Hearst Magazines, *GH*'s parent company, is a sponsor). Jordan asked dozens of artists, including Jeff Koons, Ed Ruscha and Maya Lin, to design graphic wraps for water tanks all around the city; they're set to be unveiled starting in June. These artful tanks are intended to inspire and educate people on the importance of clean, accessible water.

The more Jordan has learned, the more sensitive she's become to her own behavior. "I thought, *Taking shorter showers, not drinking out of plastic bottles—that's really going to affect me,*" she says. "But it hasn't. If you ask people to promise to do one thing, and millions do it—that one thing can create a shift." GH



Artists' water tank designs will be on display throughout New York City.

Rendering (*bottom*) by Alejandro Jassan

Savor screen-free Sundays. One day per week, lock your devices and remotes in a drawer. Ahhh…

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“There’s nothing in the market like Butterfly. I just wish I had it sooner!”

- Anita, age 66

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Butterfly wouldn’t be possible without the many women who inspired it. Anita is an actual Butterfly user and has been compensated for her appearance here. ©2014 Butterfly Health, Inc. All rights reserved.

Available at: Walmart TARGET

So Cute. *So Expensive.*

Show Fido some love and save some serious cash by following our money-taming tips **By Ashley Tate**

OWNING A PET CAN BE PRETTY TERRIFIC: kisses when you walk through the door, a nonjudgmental eye when you reach for your third donut and tons of unconditional, tail-waggin' love. But ownership of Rover or Fluffy doesn't come cheap. Here's how to keep the furry object of your affection healthy, well-fed and looking good—for less.

Save on Vet Bills

"THE BEST WAY TO cut costs is with preventive care," says Kim May, D.V.M., a spokesperson for the American Veterinary Medical Association (AVMA). Simply put: Spend a little now to save a lot later. This includes not only a yearly exam of your pet by your doc, but also keeping up with vaccinations. Some veterinary schools offer discounts for these kinds of services—spaying and neutering, too. Go to the AVMA's website to see if there's a school in your area, or check with a local humane society or animal shelter. LuvMyPet clinics, held at more than 700 pet stores nationwide, also offer affordable vaccinations by licensed

Photograph by Nicole Mlakar/Offset

For an outdoor wedding, skip heels, which can sink into grass. Try stylish wedges instead.

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Ask your vet if she offers a payment plan—many do.

vets (go to luvmypet.com for info). And spending a couple of hundred dollars on heartworm medication and flea-and-tick treatments such as Frontline (which can cost up to $90 for a six-month supply) will help prevent vet bills that could total thousands if a problem strikes.

Pet insurance can help mitigate the costs of unexpected illnesses. "Choose a plan based on the coverage it offers, not on the premium alone," says Kristen Levine, co-author of *Pampered Pets on a Budget*. There are accident-only plans that cover broken bones and other injuries, as well as comprehensive ones that also cover illness and may pay for hereditary conditions (like a bulldog's respiratory issues or a Lab's hip dysplasia) and even alternative treatments like acupuncture. "But it's not always worth getting a top-grade plan," says Levine. "In the long run, you can save by setting aside emergency funds yourself." (Request free quotes from providers at petinsurancereview.com.)

To trim the price of brand-name medications, ask your vet if a generic version exists. "Many meds are developed for humans, then reformulated for sale to animals, so a more cost-effective version may exist," says Karen Halligan, D.V.M., a Los Angeles–based veterinarian.

Nibbles at a Nice Price

EXCESS POUNDS aren't just a problem for humans. Turns out, more than half of all cats and dogs are overweight—and the extra baggage can lead to health problems that are expensive to treat, such as arthritis and diabetes. To keep your pet healthy, scan food labels: Ideally, the first two or three ingredients should be animal protein, such as turkey, salmon, chicken and/or lamb. Food should also contain carbohydrate, a good source of energy, which might come from veggies like peas and carrots or a grain such as barley. (Two all-natural brands that meet these criteria: Innova and Taste of the Wild.) Research shows that portion sizes printed on the packaging are often larger than what animals should eat, so dish up the amount your vet advises, not as much as the bag instructs.

And buy big: Pick up the small size instead of the large bag, and you could pay up to twice as much per pound. Even if you've got a pint-size pup, opt for the 30-pound bag and store the excess in a plastic bin. Also, although it might be tempting to buy whatever's on sale, don't brand-hop; this can cause digestive problems.

Lookin' Good for Le$$

PRIMPING CAN BE PRICEY. In fact, sending your dog to a groomer can be as expensive as getting your own locks clipped. Even so, canine haircuts are worth going to a pro for unless you're handy with shears. Things you *can* do yourself? Giving your smelly one a bath (with pet-specific shampoo and conditioner) will save money, and a thorough brushing every other day is a smart way to stretch the time between grooming sessions. The key to getting out tangles is to use not only a brush (a wire slicker for short, thick coats; a pin brush for long coats), but also a steel comb, says Liverpool, NY–based groomer Diane Betelak: "It allows you to get all the way down to the skin for a more thorough cleaning." You can also trim your pet's toenails. "Use clippers that have a safety guard to keep from cutting to the quick," says Betelak.

Since most dogs and cats over 3 years old show signs of dental disease, try to make at-home brushing of your pet's teeth a daily ritual. Spending a few dollars on a pet-specific toothbrush and toothpaste can help you dodge major dental procedures as well as an even bigger bill, since poor hygiene can cause surprisingly serious health problems, including heart infections.

If brushing turns your dog into a feisty Fido, try wrapping dental pads around your fingers to reach his teeth. Between cleanings, let him chomp on dental chews to help prevent plaque buildup. **GH**

TRAVEL SMART

Don't Ruff It

Hitting the road this summer? Let your dog tag along. Kennels are pricey ($40 and up per night), but many hotel chains (check out Westin and Loews hotels) welcome four-legged guests—though you may have to pay a cleaning fee, which can start at around $20 per night. Some offer perks like doggy beds and dog-walking services as part of the deal. Input your destination on bringfido.com for a list of pooch-friendly pads.

Photographs, from top: Gallery Stock; Getty Images.

Take your mind on a trip. Try *Italian Ways* by Tim Parks or *The World Is a Carpet* by Anna Badkhen—both out in paperback this summer.

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Ethan | at age 4
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Protect your beauty.
Protect your life.
IT'S THAT WORTH IT.

Growing up in Texas, I didn't give sun safety much thought. Given my Latina heritage, my skin never burned and I assumed I wasn't at risk.

Today I know that sun exposure doesn't discriminate against skin color and can cause dryness, brown spots, wrinkles, and worst of all, melanoma— the deadliest form of skin cancer and one of the most common cancers among women under 40.

So applying sunscreen throughout the day is my daily ritual. And it should be yours, too.

I also support the Melanoma Research Alliance — the leading funder of cutting-edge melanoma research. With your help, a cure may be within reach.

Learn about how you can join me in a nationwide movement to prevent melanomaand support life-saving research by visiting **itsthatworthit.org.** And remember to always wear your sunscreen!

– EVA LONGORIA

Melanoma
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itsthatworthit.org
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A SHADY GROUP
"I wear sunglasses even on overcast days," says author Nicole Kear, who is losing her sight. Her husband, David, and their three kids wear theirs in solidarity on family outings.

THE BLIND SPOT

*When **Nicole Kear** was 19, she went to the eye doctor expecting to leave with a stronger prescription. Instead, she got sucker-punched with life-changing news: She was slowly going blind—and nothing could be done to stop it. Panicked and not interested in a pity party, she kept her prognosis a secret from everyone but family for years. In this excerpt from her bittersweet new memoir, the mom of three reveals how it was only later, when everything literally went dim, that she started to see the light.* »

Photographs courtesy of the Kear family

"At the beach with Lorenzo and Rosa a year or two before our third child, Lucia, was born."

THE SPECIALIST had said 10 years, that I might have 10 years before my eyes died. The year of Rosa's birth marked the 10th anniversary of my diagnosis. But the anniversary came and went, and still, miraculously, it hadn't happened—I hadn't turned blind...yet.

Of course, signs that blindness was barreling its way toward me were plentiful and multiplied with each passing year. There was the medical evidence: the visual field tests that showed my tunnel vision getting tighter, the contact lens prescriptions that kept getting stronger—until the famous retinal specialist I'd started seeing finally told me we'd hit a limit, that no matter how much he adjusted the prescription it wouldn't make my vision any better. It had gotten tough to tell if I'd put my contacts in correctly, because I could hardly perceive the difference between what the world looked like with them in and with them out.

As my disease progressed, there were cataracts, edemas and the development of color blindness. Thankfully, I'd already taught Rosa's older sibling, Lorenzo, his colors, so he could help keep me from looking like I was getting dressed in the dark, which I basically was. Tip from the (secretly) blind: You know you're headed toward disaster when you rely on a 5-year-old boy for fashion advice.

> "Get a magnifier," my husband said.
> "They're so much trouble," I protested.
> The truth was, they hardly helped at all.

But I had bigger problems than wardrobe mishaps. By Rosa's third birthday, I couldn't read regular print anymore. It was getting harder to fill out forms at the pediatrician's office and at the preschool. I'd taken to ordering Caesar salad at restaurants because it was a safe bet that it was on the menu somewhere. I smashed my shins into coffee tables and my forehead into monkey bars on a regular basis. I missed stairs, handshakes, sign-up sheets.

The expensive sunglasses I wore to filter the glare were the consolation prize for not being able to recognize acquaintances until they were practically on top of me.

And I couldn't read Dr. Seuss anymore; that was a blow. Amidst a day full of wiping tears, noses and bottoms and trying not to lose my children in public, nothing warmed the cockles of my heart more than curling up with my kids on the sofa to read *Green Eggs and Ham*. The first few pages were easy enough to memorize. "I am Sam!" I'd start energetically. "Sam I am!" Cakewalk.

But after those first pages, it got dicey. There was a world of difference between "box" and "fox," and the kids hung on every word. The same woman who'd written her master's thesis on Virginia Woolf now stared dumbly at a four-letter word beginning with the letter "b."

My main strategy was to stall by stretching out the beginning sound of a word until I could figure out what the second half amounted to. Consequently, my kids probably think words like "here" and "there" have four syllables each.

"'And I would eat them on a bo-booo—'"

I knew there were two more letters to complete that word, but what were they? Looked like a "u," maybe. Then an "l"? I felt like I was failing my high school eye exam all over again. No, couldn't be "ul"; "boul" is not a word, even in Seussland. *Wait, maybe it's "wl,"* I thought. *That makes sense. Yes! Got it!*

"'And I would eat them on a *bowl*'!"

"No, Mommy!" Lorenzo piped up. "Not 'on a bowl'! 'On a *boat*'!"

"That's right! Good listening!" I cheered. At least I was honing my child's pre-reading skills. "OK, 'And I would eat them on a boat, and I would eat them with a coat.'"

"Mommy!" shrieked Lorenzo, giggling madly. "Not 'coat'! *'Goat'!*"

"Oh, you're too smart! Soon you'll be reading this to *me*!" *The sooner, the better,* I added silently.

"When do these kids learn to read, anyway?" I asked David later. "Let's move that up the priority list."

"Get a magnifier," he suggested for the umpteenth time.

"They're so much trouble," I protested. "They make me nauseous. They're expensive."

The truth was, I'd tried the kind they sell by the register at pharmacies, and it had hardly helped at all, certainly not enough to compensate for the trouble of locating it in the epic mess of my apartment and the sting of admitting that I needed one. Eventually I'd need a serious, industrial-strength magnifier, but not yet. I wasn't that bad off yet.

THE CURIOUS thing about living with a degenerative disease is that the progression never *feels* gradual, even though all the medical evidence proves otherwise.

I know my eyesight is eroding—faster in some months than in others, but for the most part slowly and steadily. But that's not the way I experience the loss. The image I see doesn't gradually get fuzzier and fuzzier like when you adjust the focus on a manual camera; the aperture doesn't slowly close in tighter and tighter. From my perspective, my vision holds steady, the disease seemingly paused, until suddenly it takes a giant leap forward, like Pac-Man has bitten a huge chunk out of it.

When that happens, suddenly I can't do something I could do the day before. One day I can read the demarcations on an Infants' Motrin measuring cup and the next day I can't. One day I can put eyeliner on straight and the next day I can't. I perceive the loss of my vision through the loss of things I'm able to do, and that loss, though years in the making, doesn't feel gentle. It is shocking, cruel, like a fast jab to the solar plexus. I am never prepared.

So when I received an invitation to a birthday party for my friend Vivian, I grumbled, but I didn't say, "No f—king way." I was nervous about going, but I thought I could manage.

One of the very best things about having young children, besides the heart-exploding love, is the fact that you have a get-out-of-jail-free card for most social events for at least two years. The excuse was especially valuable to me because, being night-blind, I sometimes forget that not everyone thinks scheduling an event for nighttime sucks raw sewage.

But when Rosa turned 3, my get-out-of-jail-free card expired. I had kids now, not babies, and there was no good reason I couldn't leave them with their daddy.

Except that I wanted their daddy to come with me—and we both knew it wasn't just his charming company I wanted. After years of practice, David had learned exactly how to help me navigate in the dark, and even more important, he'd learned to do it so surreptitiously that no one would notice. A few close friends, including Viv, knew about my vision problems, but we'd barely ever discussed it since the diagnosis, and I hadn't mentioned that in the past 12 years, things had, er, deteriorated a bit. David was the safety pin holding my shoddy nightlife together.

But David hadn't enjoyed his position as my seeing-eye guy. The hermit in him loathed being an escort

NEW WRITING CONTEST

Tell Us Your Story of love

...for a family member, an old flame, or a treasured friend; a favorite place, a precious memento, or a time of your life

HOW IT WORKS Starting June 1, 2014, submit your story of 2,500 to 3,000 words at goodhousekeeping.com/memoir-contest, and you'll be entered for a chance to win $2,000 and possible publication in a future issue of *GH* or on goodhousekeeping.com.

DEADLINES Entries must be received by midnight September 1, 2014. One entry per person allowed. Submitted material cannot be returned or acknowledged. Winner will be notified by March 1, 2015.

ELIGIBILITY Contest is open to anyone age 21 or older who is a legal resident of the United States, the District of Columbia or Canada (excluding Quebec).

PRIZES One winner will receive $2,000 and possible publication of the winning story in a future issue or on goodhousekeeping.com.

For official contest rules, go to goodhousekeeping.com/memoir-contest or see page 154.

For fresh flowers all summer long, plant reblooming Shasta daisies and Endless Summer hydrangeas.

"Tip from the (secretly) blind: You're headed for disaster if you rely on a 5-year-old for fashion advice."

and having to make small talk, and the Honest Abe in him hated the cover-up. More than once, he'd pointed out that as long as I refused to come out of the disability closet, he was forced to be my "beard." So, though it made my life easier to have him on my arm, whenever possible I tried to go it alone.

Which was what I decided to do for Viv's 33rd birthday, despite the fact that none of the event's details boded well for my success. The party started at 9 P.M., way after the forgiving window of dusk. And the venue was a new hot spot in the West Village, in Manhattan—not only was it unfamiliar to me, but I knew it would also be dim, because if there's one thing you can count on, it's that the hipper the bar, the darker it is.

But after a day of potty training and volunteering at kindergarten recess, I decided I deserved a night of empty talk and overpriced cocktails. You only live once.

I dusted off my dangly earrings and spent a good 20 minutes applying makeup in a magnifying mirror. I put on heels—I might break an ankle, I figured, but I wouldn't be holding a baby, so it'd be OK. I was back in the game.

I didn't stumble or bump into anyone on the subway ride over. I managed to make out the street signs and locate the bar without too much trouble, and I was only a half hour late, which by my clock is pretty much on time. But as I strutted toward the bar's glass front door, my optimism faltered: The place wasn't just dim, but a kind of deep, unforgiving dark I associate with Hades or the countryside.

Unbelievable, just unbelievable, I fumed. *Isn't there some kind of legislation mandating a certain amount of illumination in a commercial establishment?*

> *I'd been defeated. Despite my praying and protesting and pretending—my blindness had come.*

IT WAS TIME to strategize. Maybe Vivian would be standing by the door to receive guests. Once I was inside the heavy glass door, it was even darker than I'd anticipated; the birthday girl must be circulating, I deduced, because I couldn't hear her voice exclaiming, "There you are! Get your ass over here!"

I thought maybe I'd head for the bar and order a drink and wait for Viv to pass by—if I could make out where the bar was. Then the door opened behind me and a fresh group of hipsters lurched in and pushed me deeper into the throng.

Panic percolated inside me. There was no way to stay put; I'd be unable to find the door or the bar. Plenty of times in the past I'd had to pretend I was drunk to explain why I couldn't find the door that was right next to me. I speed-dialed Viv's cell phone, which went directly to voice mail. I didn't leave a message. What would I say—"Hi, Viv. You probably don't remember, but I mentioned in passing that I was going blind, and I know I've never talked about it since, but now, actually, I really *am* pretty blind, so please come find me before I stop breathing. Hurry"?

I dialed her number again, hoping I'd at least hear a phone ring nearby and could home in on the sound. No dice. To make matters worse, as I slipped the phone back in my pocket, my elbow hit the elbow of a woman next to me. Instantly, she exclaimed what most people say when I've knocked their drink all over their dry-clean–only attire: "What the—?"

As she muttered curses, I counter-muttered, "Sorry, sorry, sorry." My nervous system is set up in such a way that if I utter the word "sorry" more than three times within a 10-second interval, it activates my "abort mission" reflex and I instinctively begin to back away. In this case, backing away prompted a wave of drink splashing such that all around me were muttered expletives, causing me to continue my incessant offer of apology to the bar at large.

When my back hit cold glass, I slipped out the door and ran to the taxi just pulling through the intersection: my getaway car. I managed to tell the driver my address before I started bawling. I was still sobbing as I walked into the apartment, where David had only just put the kids to bed.

WHAT ARE you doing back here?" he asked. I could see that he was disappointed not to have the night to himself to watch zombie movies.

I blubbered out the story while he sat there getting sad, then angry, then mobilized to attack the problem. Trouble is, when I'm truly sad, I don't want to *solve* anything; I just want him to watch me cry and feel really, really, really sorry for me.

At 32, I had everything to lose. I had beautiful children, with radiant futures before them—futures I wanted to see, damn it.

"Next time, just tell Vivian that you can't see in the dark, and she'll wait by the door."

"I can't," I said. "It's humiliating."

"Of course you can," he pressed. "You're making your situation worse."

"You don't understand."

He sighed: "I know."

"I tried *so hard,*" I sobbed.

David was quiet. I knew I was breaking his heart, but the need to unload my sadness was too great. Someone had to know what was going on, and he'd ensured that he would be that person the day he'd signed on for better or worse.

"I tried so hard to stop it from happening, but I can't anymore," I said in a rush. "I've been defeated."

It wasn't about the party; that was just the proverbial last straw.

My blindness had come. Despite my praying and protesting and pretending, it had come. And though the idea of it had scared me at 19, back then all I'd had to lose was what I didn't have yet. At 32, I had everything to lose. I'd been given two children who brought joy and meaning into my life with two radiant futures before them—futures I wanted to see, damn it.

I wanted to take my daughter shopping for a prom dress and keep her from buying something too short or too low-cut, and I wanted to check out the shady character who was her date and shoot him a cold, crazy look that said, *If you hurt my baby, I'll slice your 'nads off.*

I wanted to see if my son's eyes would change from that bright cerulean shade and if he'd get acne or an Adam's apple; I wanted to check his math homework. I wanted to watch the kids from the bleachers when they played basketball or chess or did synchronized swimming, and to be able to cheer embarrassing things like "That's how you get 'er done, son!" at the right moments.

I wanted to straighten my son's tie while he waited at the altar, and to see my daughter when she became a mother herself and tell her that the baby looked just like her. I wasn't going to see those things. And it wasn't fair. And there was nothing I could do to change it.

So I sat on the couch and choked on my bitter pill for a long time. And then, at long last, I cried uncle.

THERE WAS nothing I could do about the dying of the light, but there *was* something I could do about the shame and self-flagellation and anxiety I felt every day over the secret I was keeping. I had to go blind, but I didn't have to lie about it.

I was raising two children but still acting like a child myself, vain and obstinate. What kind of an example was I setting for them? Did I want them to hide essential parts of themselves that were less than perfect, or even just different, because of what other people might think? I imagined Rosa and Lorenzo, all grown up, crying on their couches, ashamed of who they were, and it was like a bucket of cold water thrown in my face. I could not pass this legacy on; it would be worse than passing on my disease. I needed help. And the aggravating thing about help is, you usually don't get it unless you ask.

I sat down and wrote Vivian an e-mail saying I'd come to the party, but I hadn't been able to find her because it was dark and my eyes weren't good in the dark anymore. Within a half hour, she'd written back, saying she hadn't forgotten the news I'd shared with her 12 years earlier, that she'd often wanted to ask about it but had been nervous about broaching the subject because it seemed like I didn't want to talk about it. She was sorry I'd had to go home; next time, she said, she'd wait for me outside.

The worst thing, I'd always thought, would be to let go completely. Now I was beginning to think maybe the worst thing was being trapped in the place in between the worlds of the sighted and the blind.

The next week I made an appointment with a low-vision ophthalmologist who worked with the New York State Commission for the Blind.

"I think I'm legally blind," I said to the receptionist, "and I need to know where to go from here." GH

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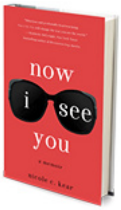

AUTHOR BUZZ
Nicole C. Kear is a writer, mother of three and proud alum of the San Francisco School of Circus Arts. She lives in Brooklyn with her family. *Now I See You* is her first book.

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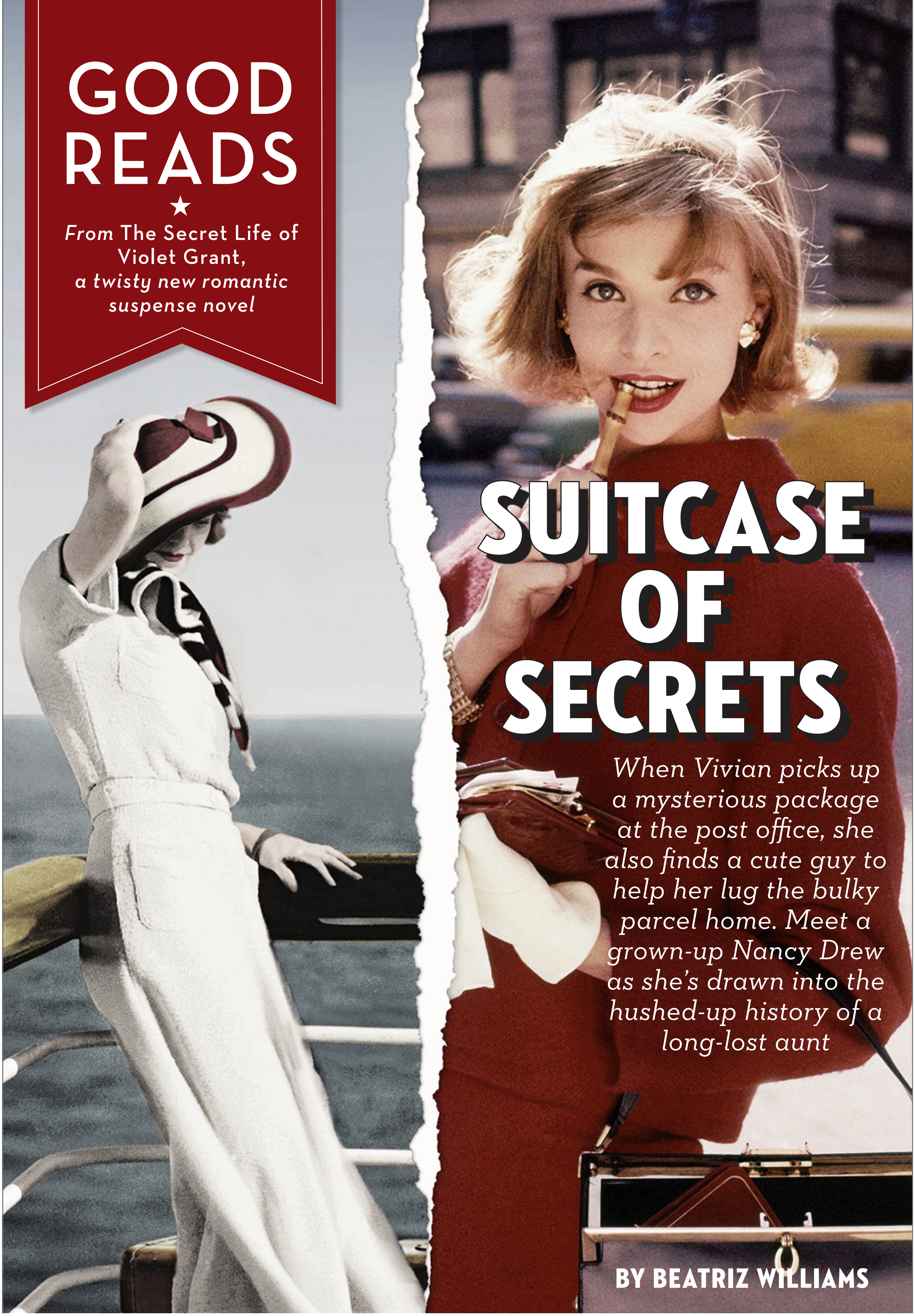

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SUITCASE OF SECRETS

When Vivian picks up a mysterious package at the post office, she also finds a cute guy to help her lug the bulky parcel home. Meet a grown-up Nancy Drew as she's drawn into the hushed-up history of a long-lost aunt

BY BEATRIZ WILLIAMS

NEW YORK CITY, 1964

I NEARLY MISSED THE CARD, stuck up against the side of the mail slot. But luck intervened. I tossed it on the table when I burst into the apartment Friday evening and didn't look at it until late Saturday morning, wrapped in my dressing gown, drinking a filthy concoction of tomato juice and the devil knew what. "What's that?" asked my roommate, Sally, from the sofa.

"Card from the post office." I turned it over in my hand. "There's a parcel waiting." I looked at the clock. I had 20 minutes until the post office closed. It was raining. On the other hand: a parcel. A mysterious one, yet. I'd only moved into the apartment a week ago. But there it was, misspelled in purple ink: *Miss* Vivien *Schuyler, 52 Christopher Street, apt 5C, New York City*. Perhaps my great-aunt Julie, submitting a housewarming gift?

"If you're going," said Sally, "you'd better go now."

Of such little choices is history made.

I DARTED INTO THE POST OFFICE at eight minutes to noon—yes, my dears, I have good reason to remember the exact time—and shook off the rain from my umbrella. The place was packed, and it stank of sour wool overlaid by cigarettes. I joined the line behind a man in blue surgical scrubs. A customer left the counter. The rest of us took a united step forward. Except the man in blue scrubs. His feet remained planted, but I only realized this after I'd knocked him right smack down to the stained linoleum.

"I'm very sorry," I said. He blinked like my dog Quincy did when roused from his beauty snooze. "Great guns, were you *asleep*?"

He ignored my hand and rose up to his feet. "Looks that way." He turned and faced front.

Well, I would have dropped it right there, but the man was eye-wateringly handsome, stop-in-your-tracks, Paul Newman handsome. And this was New York; you took your opportunities where you found them. "You must be an intern or resident, or whatever they are. I've heard they keep you boys up three days at a stretch. Are you all right?"

"Yes." Taciturn. But he was blushing, right up his sweet sunny neck.

"Unless you're narcoleptic," I went on. "It's fine, really. My cousin Richard was like that. He fell asleep at his own wedding. The organist was so rattled, she switched from a wedding march to a death march."

I thought I'd overplayed my hand, and then: "He did not."

Nice voice. Sort of Bing Crosby with a bass chord. Trying very hard not to smile.

"Next," said a bored counter clerk.

Blue Scrubs leaped forward. I checked my watch. One minute to go. Ahead, a man threw up his hands, grabbed back his package, and stormed off. I took a step. The clerk stared at me and took out a silver sign engraved *Counter Closed*. "You've got to be kidding me," I said.

The clerk tapped his watch and walked away. "Sir," I called out, "I have a very urgent parcel..."

Blue Scrubs looked up from his airmail envelopes. "Excuse me."

I turned my head. "You stay out of this, Blue Scrubs. I'm trying to conduct a perfectly civilized argument with a perfectly uncivil post—..."

He cleared his Bing Crosby throat. His eyes matched his scrubs, too blue to be real. "I was only going to say, it seems there's been a mistake. This young lady was ahead of me in

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line. I apologize, Miss…"

"Schuyler," I whispered.

"…Miss Schuyler, for being so very rude as to jump in front of you." He waved me in. And then he smiled, all crinkly and adorable.

The clerk smirked. *Well!* I shook the card at his smirk, nice and sassy.

"That's Miss Vivian Schuyler, on Christopher Street. Make it snappy."

"Make it snappy, *please*," said Blue Scrubs. The clerk snatched the card and stalked to the back.

Again, my hero cleared his throat. "My name isn't Blue Scrubs, by the way," he said. "It's Paul."

"*Paul*." I tested the word on my tongue.

"Is that a problem?"

> **HE PLUCKED THE PARCEL FROM MY ARMS, NOT WITHOUT BRUSHING MY FINGERS. "AFTER ALL, I KNOW WHERE YOU LIVE…"**

I liked the way his eyebrows lifted above his eyes, ever so blue. "No, no." *Smile, Vivian.* I held out my hand. "Vivian Schuyler."

"Of Christopher Street." He took my hand and sort of held it there, no shaking allowed.

"Oh, you heard that?"

"Lady, the whole building heard that," said the clerk, returning with a box so enormous, it seemed to have sprouted legs and learned to walk.

"Great guns. How am I supposed to get this back to my apartment?"

"Look, can I help you with that?" asked my hero.

"No, I'll manage." I slid it off the counter and staggered backward. "On the other hand, if you're not busy saving lives at the moment…"

He plucked the parcel from my arms, not without brushing my fingers first. "After all, I already know where you live. If I'm a homicidal psychopath, it's too late for regrets."

"Excellent diagnosis, Dr. Paul. You'll find the knives in a drawer next to the icebox."

He hoisted the box to his shoulder. "Thanks for the tip. Lead on."

"Just don't fall asleep on the way."

"GIDDY" MIGHT have been too strong a word for my state of mind as I led my spanking new friend home with my parcel, but not by much. "Did I mention I'm on the fifth floor?"

"Of course you are."

On the last turn, I made a swift calculation of dishes left unwashed and roommates left unclothed.

"You know, you could just leave it right here on the landing," I said. "I can manage from here."

"Just open the door, will you?"

"*Ooh.* You sound so commanding."

I shoved the key into the lock and opened the door.

Well, it could have been worse. The dishes had disappeared—sink?—and so had the roommate.

Dr. Paul laid the parcel to rest on the table. "Whew. I thought I wasn't going to make it up that last flight."

"Don't worry. I'd have caught you."

He was raking through his hair in that way we girls adore. "Well?"

"Well, what?" I said.

"Aren't you going to open it?"

Again with the glittery smile.

I sashayed the two steps to the table. The beast sat, brown and battered in the center, patched with an assortment of foreign stamps.

"Well, well." I peered over the top. *Miss Vivien Schuyler*, read the label, except that my name appeared over a scribbled-out original, and my address likewise. "It looks as if it's been forwarded," I said.

"The plot thickens."

"My mother's handwriting."

"Sounds reasonable." He stood a few respectful feet away. "Someone must have sent it to your parents' house."

"Apparently. From Switzerland."

He stepped forward at last. "You have friends there?"

"Not that I can remember." I was trying to read the name beneath my mother's scribble. "*V* something."

"It's not Vivian?"

"No, it ends with a *t*." An instant's reflection. "'Violet?' They had the name wrong, I guess."

I headed for the kitchen drawer and withdrew a knife.

"Ah, now the truth comes out. Make it quick."

"Silly." I gave the knife a friendly wave. "It's just that I don't have scissors." The seams were sealed with tape. "I don't know where to start."

"You know, I'm a trained surgeon."

"So you say."

I sliced along one seam, then another. The paper shell gave way, then the box itself started to go.

"It's leather," I said, peering inside. "And quite heavy."

"Need a flashlight? Map?"

"No, I've got it. Here we are. Head, shoulders, placenta."

"Boy or girl?"

"Neither." I yanked, propelling myself backward into Dr. Paul's arms. "It's a suitcase."

I CALLED MY MOTHER FIRST. "What's this suitcase you sent?"

"This is not how ladies greet one another, darling."

"'Each other,' not 'one another.' *Chicago Manual of Style*."

A merry clink of ice cubes. "You're so droll, darling. Is that what you do at your magazine every day?"

"You sent me a package."

"Did I?" Another clink. "Oh, that's right. It arrived last week."

"Who's it from?"

Photograph by istockphoto

"'From whom,' darling." Oh, the ring of triumph.

"It was sent to Miss Violet Schuyler on Fifth Avenue from somebody in Zurich..."

"It *is* yours. I don't know any Violet Schuyler."

"'Violet' is not nearly the same as 'Vivian.' Dr. Paul agrees with me. There's been a mistake."

A gratifying pause, then: "Who is Dr. Paul?"

I fastened my eyes on the good doctor. He was smiling at the corner of his mouth. "Just the doctor who carried the parcel back from the post office."

"You met a doctor at the post office, Vivian?"

I treated him to a slow wink and wound the phone cord around my fingers. "Oh, you'd adore Dr. Paul, Mums. He's very handsome, seems to have all his teeth. Perfectly eligible, really, unless he's married." I put the phone to my shoulder. "*Are* you?"

"Not yet."

Phone back to ear. "He's your dream come true, Mums."

"He's not there, is—" Her words escaped me as I placed the receiver in Dr. Paul's wide, firm palm. I liked it already.

"Good afternoon, Mrs. Schuyler...yes, she's behaving herself." He returned my wink. "As a matter of fact, I *do* think there's been a mistake. Are you certain there's no Violet..." A blush climbed his neck. "Hard to say, Mrs. Schuyler, but..."

I snatched the receiver back. "That's quite enough, Mums. I won't have you embarrassing Dr. Paul with your remarks. He isn't used to them."

"He's a dream, Vivian. Try not to sleep with him right away, will you? It scares them off." Clink, clink. Rattle. Click.

I set the receiver in the cradle. "Well, that's Mums. I

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thought I should warn you from the get-go."

"Duly warned."

"But not scared?"

"Not a lick."

I tapped my fingernails against the phone. "You're certain there's a Violet somewhere in this mess?"

"A cousin? On your father's side? Lost her suitcase in Switzerland?"

"A century ago?"

"Stranger things have happened."

I fingered the tarnished clasp. I couldn't quite bring myself to open the valise. There was something sacred about it, inviolable. (Unlike my mother's virtue, in that respect.)

My hand fell away. "I think it's time to call Great-Aunt Julie."

"'VIOLET SCHUYLER,' did you say?"

"Yes, Aunt Julie. Does she exist?"

"Well, well." I imagined her pristine 62-year-old brow making the ultimate sacrifice to this conundrum. "You're certain it says 'Violet'? Handwriting can be atrocious."

"It's 'Violet.' Dr. Paul concurs."

"Who's Dr. Paul?"

"We'll get to him later. Let's talk about Violet. Obviously you know the name."

I heard the scratching of her cigarette lighter. This must be serious.

"Yes, I know the name."

"And?"

A long breath against the mouth of the receiver. "Darling, she was my older sister. A scientist. She murdered her husband in Berlin in 1914 and ran off with her lover, and nobody's heard from her since."

Aunt Violet. I had a great-aunt named Violet, an adulteress and murderess, about whom I'd never heard. I turned to tell Dr. Paul the news. But it was not to be.

He lay upon my sofa, so profoundly asleep I was tempted to hold my compact mirror to his mouth and check for signs of life. "Aren't you just too much," I whispered.

Aunt Julie blew into the apartment half an hour later. "Where is this suitcase of yours?" she demanded. "Haven't you opened it yet?"

"Of course not. It's not mine."

"For God's sake, my dear. Did your mother raise you with no standards at all?" She put her hand on the valise's clasp. "Well, well."

"Now, wait just a minute." I darted over and snatched her hand away.

"Darling, she'll never know."

"How do we know that?"

"Nobody's heard from her for 50 years. A pretty decent indication."

"Look, Aunt Julie…"

But Aunt Julie had already turned. "Vivian, my dear," she said slowly, "there's a man on your sofa."

"You don't approve?"

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“Oh, I approve wholeheartedly. But I do feel compelled to ask why he isn’t dressed more suitably.”

I came up and slipped my arm about her waist. “Isn’t he a dream? I found him at the post office.”

“Delivered and signed for?”

“Mmm. Poor thing, he works such long shifts at the hospital. He carried up the package for me with his last dying surge of energy, and then just”—I waved my hand—“collapsed.”

> I CAME UP AND SLIPPED MY ARM ABOUT AUNT JULIE’S WAIST. “ISN’T HE A DREAM? I FOUND HIM AT THE POST OFFICE.”

“Imagine that. What do you plan to do with him?”

“What do you suggest?”

She resumed her journey to the liquor cabinet. “Just don’t sleep with him right away. It scares them off.”

“Funny, Mums already warned me. Tell me about Violet.”

“There isn’t much to tell. Not that I know, anyway. I was only 9 when she left for England. That was 1911, I believe.” Aunt Julie wandered back from the kitchen and leaned against the table, drink in hand, staring lovingly at Dr. Paul.

“Was she sent away?”

“No, the opposite. She wanted to be a scientist, and that didn’t go down well in Schuylerville. But they let her go—there’s not much you can do with a girl if she’s got her heart set on something.” Aunt Julie cocked her head. “What color are his eyes?”

“Blue. Stop trying to distract me.”

“I’ve changed my mind. Get him in bed, pronto.”

“You know, he can probably hear you in his subconscious.”

“I hope he does. You could use a good love affair, Vivian. It’s the one thing you’re missing.”

“Regardless, I’m not going to sleep with him. Poor exhausted darling.”

“I find,” said Aunt Julie, swishing her gin, “they can generally summon the energy.”

I went to my bedroom and took the extra blanket from the shelf.

I called back: “Now, talk. What did Violet do in England?”

“Got married to her professor, like the sane girl she was. She was very pretty, Violet, though she didn’t care about anything except her damned atoms and molecules.”

I spread the blanket over Dr. Paul. “Then she murdered him?”

“I don’t think there was a trial.

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"HAVE ANYTHING PARTICULAR IN MIND, DOCTOR DEAR?"

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But yes, the fellow was murdered, and Violet ran off with her lover. From a suite at the Hotel Adlon. She did have taste." She snapped her fingers. "And poof! That was that."

"There must be more to it."

She spread her hands. "I've told you all I know." She played her part well, did Aunt Julie.

"I can't believe I had a great-aunt, all these years, and nobody ever mentioned it."

Aunt Julie looked at me with a pitiful smile. "We're the Schuylers, darling. Nobody ever would."

From the window over the back courtyard came the sound of crockery smashing. The cramped squalor of my apartment was so foreign to the rarefied quiet of the Long Island summer I was used to. I adored every piece of makeshift furniture, every sound that shrieked through the window and told me I was alive.

"Let's open the valise," said Aunt Julie. "That's where you'll find Violet."

"God, no. What if it's a skeleton? Her dead husband?"

"All the better."

Dr. Paul stirred on the sofa. "Clamp, not screw," he muttered, turning his face into the cushion.

I dropped my voice to a whisper. "See what you've done! Now, be quiet. He needs his sleep."

Nobody could invest an eye roll with as much withering contempt as Aunt Julie. "You won't open the suitcase sitting on your own kitchen table. You won't go to bed with that adorable man sleeping on your sofa."

I opened the door for her and stood back. Aunt Julie swept into the hallway, calling over her shoulder, "Youth is wasted on the young."

AUNT JULIE'S MAX FACTOR faded from the air. I spent a few moments tidying up and generally hiding all evidence of sin. I did this not to favorably impress Dr. Paul when he woke (well, not exclusively), but because I liked to keep busy while my brain wrestled with a problem. And my new Aunt Violet was a doozy of one. Not only was she a female scientist, poor dear, but she was a *scientific* female. She'd have sat at the lonely table wherever she made her home. I couldn't blame her for marrying her professor. The question was why she'd killed him afterward.

I touched my finger, as Aunt Julie had, to the sturdy leather.

That's where you'll find Violet, Aunt Julie had said, but it seemed to me that the marks of her life's actions lay scattered out in the world, and the contents of this valise were the detritus of her soul.

I had no right to them. What if someone opened up *my* suitcase?

I rose from the table and went to the kitchen, where I measured water and coffee grounds into the percolator. Dr. Paul would need coffee when he woke up, and lots of it.

Ah, the scent of brewing coffee. It bolts a man from slumber faster than the words "Honey, I'm pregnant."

I watched his big blue eyes blink awake. I savored the astonished little jerk of his big blue body. "Hello, Doctor," I said. "Welcome to heaven."

He looked at me; his head relaxed against the pillow. "You again."

"I made you grilled cheese and tomato soup. And coffee."

"You didn't."

"You carried my parcel. It was the least I could do."

He smiled and sat up, all blinky and tously and shaky-heady. "I don't know how I fell asleep."

"It seems pretty straightforward to me. You made the mistake of lowering your poor overworked backside onto my unconscionably comfortable sofa. Have some coffee."

He accepted the cup. Eyelids down. "I think I'm in love with you."

"Aw, you big lug. Wait until you taste my grilled cheese."

Eyelids up. "I'd love to taste your grilled cheese."

Well, well. I handed him the plate. "So tell me about yourself, Dr. Paul."

"I do have a last name, if you'd care to hear it."

"I'm not sure I'm ready to be on a last-name basis with you."

"It's Salisbury. Paul Salisbury."

"You'll always be 'Dr. Paul' to me. Now, eat your sandwich."

He nodded at the suitcase. "Haven't you opened it yet?"

"Oh, that. It belonged to my secret great-aunt, Violet, who murdered her husband and ran off with her lover, and the damned thing is, of course, locked tight as an oyster with a lovely fat pearl inside."

Dr. Paul's sandwich paused at his mouth. "You're serious?"

The World Cup is in Brazil this summer. Learn some Portuguese to better follow the *futebol*—for example, *falta* means "foul." *Goooooaaaal?* That still means "goal."

"In this case, I am."

"I hope you don't mind my asking whether this sort of behavior runs in the family."

"Well." I settled back in my armchair. "I can't say the Schuylers are the most virtuous of human beings. Still and all, outright psychopathy is generally frowned upon."

"I can't tell you how relieved I am to hear it."

"That being said, and as a general note of caution, psychopaths do make the best liars." I clapped my hands. "But enough about little old me! Let's turn our attention to the alluring Dr. Paul Salisbury—his life and career and, most important, when he's due back at his hospital."

Dr. Paul set his plate on the cushion next to him. His eyes took on a darker shade, or maybe it was the sudden rush of blood to my head, distorting my vision. "Midnight."

I lost my breath.

"I was supposed to return to the hospital from the post office, change clothes and go back to my apartment to sleep."

"Where's your apartment?"

"Upper East Side."

"My condolences."

"Thanks. I should have found a place closer to the hospital."

I looked at the clock. "You've lost hours already."

"I wouldn't say that."

I untangled my legs and rose to fetch the tomato soup. "I hope you don't mind the mug. We don't seem to have any bowls yet."

"Whatever you have is fine." He took the mug with a smile of thanks. Oh, the smile of him, as wide and trusting as if the world were empty of sin. "Wonderful, in fact. Sit here."

He whisked away the plate and patted the sofa cushion next to him. I settled deep. I was a tall girl—an unlucky soul or two might have said coltish, in my impulsive adolescence—and I liked the unfamiliar way his thigh dwarfed mine.

Dr. Paul cupped the soup mug in his palms. "What would you like to do now, Vivian?"

"Did you have anything particular in mind, Doctor dear?"

"I was asking you."

"Well, Mother said I shouldn't go to bed with you right away—it would scare you off."

I couldn't see for certain, but I'd have bet my best lipstick he blushed. If I closed my eyes, I could feel the warmth on my nearby cheek.

"Aunt Julie concurred," I added. "At first, anyway."

"I'm not saying they're right," he said carefully, "but there's no rush, is there?"

"You tell me."

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He cleared his throat. "I didn't mean to imply that I'm not tempted. Just to be clear. *Extremely* tempted."

"Mind over matter?"

"Exactly."

"I'd hate to lead you astray from the well-worn path of virtue."

He blushed again, the dear. If he kept giving off that kind of thermodynamic spondulicks, I was going to have to change into something less comfortable.

"Yes, of course," he mumbled.

I lifted my eyes and the table appeared before me, my great-aunt Violet's suitcase atop it. Aunt Violet, who had run away with her lover into the Berlin summer. Had they made it to Switzerland together? She would be in her 70s now, if she were still alive. If she had succeeded.

Dr. Paul rose from the sofa. His hand stretched toward me, palm up: "Let's go somewhere, Vivian."

"What about your sleep?"

"I'll catch up eventually. This is more important."

I took his hand and let him pull me upward. "Where do we go?"

He stood close as a whisker, solid as a deep blue tree. "How about the library?" He reached around my back, untied my frilly apron, and lifted it over my head. "We're going to find out all about this aunt of yours." **GH**

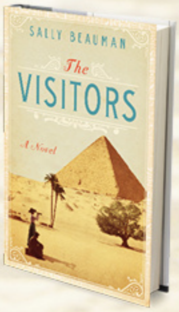
From *The Secret Life of Violet Grant*, to be published by G.P. Putnam's Sons, a member of Penguin Group (USA) LLC. Copyright © 2014 by Beatriz Williams.

AUTHOR BUZZ A graduate of Stanford University with an M.B.A. from Columbia, Beatriz Williams lives with her husband and four children near the Connecticut shore, where she divides her time between writing and laundry. Visit her at beatrizwilliams.com.

Summer Reads

Eleven new page-turners for the beach or your travel bag

Blockbusters



The Visitors

By Sally Beauman

Set in Cairo in the 1920s, this sumptuous saga is told by a motherless American girl sent to Egypt to recuperate from typhoid. With her new friend—the daughter of a famed archaeologist—she joins the search for King Tut's tomb while trying to decipher the adults involved in the dig of the century.

#1 NEW YORK TIMES BESTSELLING AUTHOR
JENNIFER
WEINER
A NOVEL
ALL
FALL
DOWN

All Fall Down

By Jennifer Weiner

Allison is a smarty-pants mom blogger who pops painkillers to cope with overload. When she lands in rehab with "real" addicts, she's stunned—though no one else seems to be (including her own mother). Weiner's sly portrayal of family, entitlement and recovery culture is a romp—with an edge.

Jojo
Moyes
A Novel by the New York Times bestselling author of Me Before You
One
PLUS
One

One Plus One

By Jojo Moyes

When a disgraced British dot-com exec meets a single mom who's stranded on the side of the road with a broken-down car and a daughter set to compete in the Maths Olympiad in Scotland, he offers to drive them. Will opposites attract? Think *Little Miss Sunshine* with a geeky twist.

Photographs, from left: Marilyn Roos; Gallery Stock.

Puzzlers

A NOVEL
THE FEVER
MEGAN ABBOTT

The Fever

By Megan Abbott

Girls at Dryden High are having seizures, and no one knows why. Is it a vaccine or a polluted lake? Or are they just faking it? Fingers start pointing at "good girl" Deenie, and the town goes into a frenzy. This smart thriller about the dynamics of panic keeps you guessing till the last scene.

SUE MILLER
THE ARSONIST

The Arsonist

By Sue Miller

Homes in a New England town are going down in flames, and aid worker Frankie Rowley, visiting her parents' farmhouse, begins an affair with a reporter on the case. Miller's story delivers layered suspense as police search for the match-thrower and Frankie wavers over the next direction in which to set her life's compass.

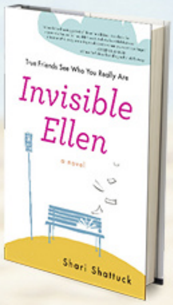
Escapades

The VACATIONERS
a novel
EMMA STRAUB

The Vacationers

By Emma Straub

A warm, witty story about a Manhattan family that summers in Mallorca and nearly falls apart: Jim and Frannie are simultaneously celebrating their 35th anniversary and considering a divorce, while their 18-year-old daughter has her own foreign agenda.


Invisible Ellen
a novel
Shari Shattuck

Invisible Ellen

By Shari Shattuck

A sweet comedy about a lonely young woman who discovers she has a talent for righting wrongs. At 300-plus pounds, Ellen is used to being overlooked. Then one day she saves a blind woman from a mugging and finds someone who finally "sees" her.

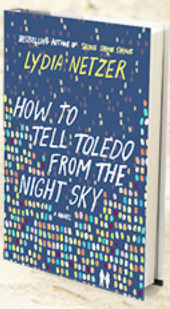
A Novel
LAND OF LOVE AND DROWNING
TIPHANIE YANIQUE

Land of Love and Drowning

By Tiphanie Yanique

This hypnotic tale tracks a Virgin Islands family through three generations of blessings and curses. It starts in 1900, with a shipwreck that orphans two sisters and the half-brother they've just met, and then spins out magic, mayhem and passion.

Big Romance


LYDIA NETZER
HOW TO TELL TOLEDO FROM THE NIGHT SKY

How to Tell Toledo From the Night Sky

By Lydia Netzer

George is an astronomer who wants to prove the existence of God; Irene is a cool mathematician who's chasing black holes. When dreamer and pragmatist meet, little do they guess that their moms engineered their fate at birth.

Mrs. Hemingway
a novel
NAOMI WOOD

Mrs. Hemingway

By Naomi Wood

"He wants his wife, he wants his mistress, he wants everything he can get," says Martha (wife number three) in this four-part novel based on love letters and telegrams from the 1920s to the 1960s. Finally, all four women who married the Great American Novelist get to tell *their* sides of the story.

A Wedding in Provence
Ellen Sussman

A Wedding in Provence

By Ellen Sussman

A couple plans for a low-key wedding in the French countryside and gets anything but: The bride's children from her previous marriage are ready to let loose, and so is the best man. Sussman fills her *comédie* with plenty of insight about love, loss and intimacy.

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RECIPE BOX

Guaranteed to look and taste just as delicious in your home!

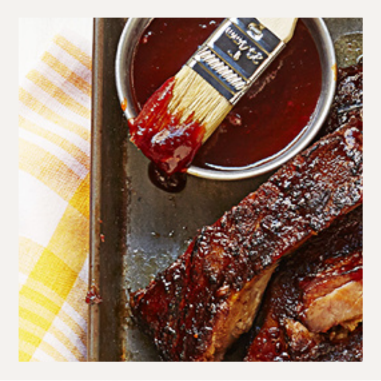
TANGY *2-Potato Salad*

PREP 20 minutes
TOTAL 40 minutes

1½ lbs. red potatoes, cut into 1-in. chunks
1 lb. sweet potatoes, peeled and cut into 1-in. chunks
¼ c. Champagne vinegar
¼ c. grainy Dijon mustard
1 med. shallot, finely chopped
3 Tbsp. fresh lemon juice
3 Tbsp. olive oil
8 oz. green beans, trimmed and cut into 2-in. lengths
6 radishes, thinly sliced
¼ c. parsley, finely chopped

1. In lg. saucepot, combine potatoes, 1 Tbsp. salt and enough water to cover potatoes by 1 in. Cover; heat to simmering on high. Reduce heat; simmer, partially covered, 5 min. **2.** Meanwhile, in lg. bowl, whisk vinegar, mustard, shallot, lemon juice, oil, 1 tsp. salt and ½ tsp. pepper until combined; set aside. **3.** Add beans to potatoes. Cook 6 min. or until vegetables are tender. Drain well; gently toss with vinaigrette until coated. Cool 15 min.; fold in radishes and parsley.

SERVES 8 *About 160 calories, 3 g protein, 27 g carbohydrate, 5 g total fat (1 g saturated), 4 g fiber, 0 mg cholesterol, 600 mg sodium.*



GUY'S TEQUILA *BBQ Sauce*

TOTAL 15 minutes

1 California or New Mexico dried chile
1 (6-oz.) can tomato paste
1 c. light brown sugar
½ c. white tequila
¼ c. fresh lime juice
2 garlic cloves, minced
1 Tbsp. dark molasses
Kosher salt and freshly ground black pepper

Place dried chile in bowl with ¼ c. hot water. In med. saucepan, combine tomato paste, brown sugar, tequila, lime juice, garlic and molasses; stir well and bring to gentle simmer over low heat. Add chile and soaking water; season with salt and pepper and simmer until flavors meld, 2 to 3 min. Process with blender until smooth; set aside.

MAKES 2 CUPS *Each ¼ c. about 135 calories, 1 g protein, 34 g carbohydrate, 0 g total fat, 1 g fiber, 0 mg cholesterol, 80 mg sodium.*

Photographs by KATE MATHIS

★

Our *Triple-Test* Promise

In our test kitchens at the Good Housekeeping Research Institute, we create recipes that are family-friendly, healthy and easy. We test each recipe at least three times:

1 create

A GH recipe developer prepares the dish and presents it to the food team. We decide if it ***meets our high standards of deliciousness—*** *but that's just the beginning. For example, weeknight meals should take 30 minutes or less to make. The same person tests the recipe several more times to fine-tune it, using the same equipment.*

2 test

Another team member prepares the recipe as written, ***varying the brands of equipment and ingredients.*** *(She may do this several times—using an electric stove instead of gas, a lighter-weight pan, Hunt's versus Del Monte tomatoes.) Note: All microwave tests are done in 1,000-watt ovens. If yours has a different wattage, you may need to adjust the cooking time.*

3 verify

A third team member repeats the process using yet ***another set of equipment and alternative ingredients.*** *By the time the recipes appear in GH, they are guaranteed to work on any range, with any brands of equipment and ingredients, in any kitchen.* ***We promise.***

Fill colorful water balloons and freeze overnight. Use them in place of ice cubes in a cooler and nestle drinks around them.

continued from page 147

GUY'S APRICOT-MINT *Chimichurri*

PREP 15 minutes
TOTAL 30 minutes

Guy's Prep-Ahead Tip: *Make 1 day ahead and press plastic wrap on surface (to keep the color from turning) before storing in the refrigerator.*

1/2 c. dried apricots
1 tsp. honey
1 1/4 c. fresh mint leaves
3/4 c. packed fresh parsley
1/2 c. packed fresh cilantro
2/3 c. red wine vinegar
4 garlic cloves, peeled
1 tsp. kosher salt
1/2 tsp. freshly ground pepper
1 tsp. ground cumin
1 tsp. lemon zest
Pinch of crushed red pepper
1 to 1 1/4 c. extra virgin olive oil

1. Place apricots and honey in bowl; cover with hot water. Soak 10 min.
2. Meanwhile, in salted boiling water, blanch herbs 20 sec. Shock immediately in ice water; spread on a paper towel-lined baking sheet to dry.
3. Remove apricots from hot water; roughly chop. In food processor, combine all ingredients but olive oil; process until finely chopped. With motor running, slowly incorporate oil and pulse until just combined (consistency should be that of a thick sauce). Cover; store in refrigerator to meld, about 10 min.

MAKES 2 CUPS *Each 1/4 c. about 295 calories, 1 g protein, 9 g carbohydrate, 28 g total fat (4 g saturated), 1 g fiber, 0 mg cholesterol, 250 mg sodium.*

Photographs, from left: KATE MATHIS; John Lee.

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GUY'S *Campfire Veggies*

PREP 15 to 20 minutes
TOTAL 25 to 40 minutes

1. Place grill rack 4 to 5 in. above hot coals from wood campfire or prepare grill for direct grilling on med.
2. In lg. bowl, toss desired Vegetable Mixture with kosher salt and freshly ground black pepper to taste.
3. Divide Vegetable Mixture between 2 heavy-duty foil packets (see how-to on page 84).
4. Grill packets 17 to 20 min. or until vegetables are tender.

VEGETABLE MIXTURE

BRUSSELS SPROUTS WITH THYME & GARLIC

2 lbs. Brussels sprouts, trimmed and cut in half
2 garlic cloves, smashed
2 Tbsp. extra virgin olive oil
2 tsp. apple cider vinegar
½ tsp. picked fresh thyme leaves

SERVES 8 *About 75 calories, 4 g protein, 10 g carbohydrate, 4 g total fat (1 g saturated), 4 g fiber, 0 mg cholesterol, 85 mg sodium.*

CARROTS WITH CUMIN, GINGER & HONEY

15 organic carrots, trimmed (about 1 lb.)
2 garlic cloves, smashed
2 Tbsp. unsalted butter, cut into small cubes
2 tsp. honey
1 tsp. extra virgin olive oil
½ tsp. ground cumin
½ tsp. ground ginger

SERVES 8 *About 60 calories, 1 g protein, 7 g carbohydrate, 4 g total fat (2 g saturated), 2 g fiber, 8 mg cholesterol, 100 mg sodium.*

POTATOES WITH PARMESAN, GARLIC & ROSEMARY

2 lbs. sm. Yukon gold potatoes, thinly sliced
¼ c. thinly sliced sweet onion
¼ c. heavy cream
2 garlic cloves, minced
2 Tbsp. unsalted butter, cut into small cubes
2 Tbsp. grated Parmesan cheese
½ tsp. chopped fresh rosemary

SERVES 8 *About 145 calories, 3 g protein, 22 g carbohydrate, 6 g total fat (4 g saturated), 2 g fiber, 19 mg cholesterol, 120 mg sodium.*

Bring the outdoors in: Turn chipped teacups into mini planters on the windowsill—great for succulents.

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RECIPE BOX

continued from page 149

HOMEMADE

Honey Graham Crackers

PREP 30 minutes
TOTAL 2 hours 30 minutes

- 1½ c. all-purpose flour
- 1 c. whole wheat flour
- ½ tsp. baking soda
- ½ tsp. salt
- ¼ tsp. ground cinnamon
- ¼ c. whole milk
- 2 tsp. vanilla extract
- ½ c. (1 stick) butter, softened
- ¾ c. packed light brown sugar
- 3 Tbsp. honey

1. In lg. bowl, whisk flours, baking soda, salt and cinnamon. In cup, combine milk and vanilla.
2. In another lg. bowl, with mixer on med.-high speed, beat butter, brown sugar and honey 3 min. or until light and fluffy. Reduce speed to med.-low. Add flour mixture alternately with milk mixture, beginning and ending with flour, occasionally scraping bowl with spatula. Increase speed to med.; beat 1 min. or until mixture forms smooth, shiny dough.
3. Transfer half dough to lg. piece flour-dusted parchment; pat and shape into flat disk. Lightly dust disk with flour and cover with another lg. piece parchment; with rolling pin, roll out between parchment to ⅛ in. thick. Transfer dough between parchment to lg. cookie sheet. Repeat with remaining dough. Refrigerate 1 hr. or until firm.
4. With 2½-in. fluted square cookie cutter, cut dough into squares (or use fluted pastry wheel). Transfer to 2 lg. parchment-lined cookie sheets. With fork, prick each cracker. Refrigerate 30 min. or until firm.
5. Preheat oven to 350°F. Bake crackers 15 to 20 min., rotating sheets halfway through. Let cool on sheets 3 min., then transfer to wire racks to cool completely. Store in an airtight container up to 5 days or freeze up to 1 month.

MAKES 36 CRACKERS *About 80 calories, 1 g protein, 13 g carbohydrate, 3 g total fat (2 g saturated), 1 g fiber, 7 mg cholesterol, 50 mg sodium.*

Photograph by KATE MATHIS

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without all the calories of added sugar.

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SWEET SWAPS
No. 162
Splenda™
Enjoy strawberry shortcake
with the ones you love.
Just swap SPLENDA® Sweetener for
sugar in your berries and biscuits.

Right photograph by JEFF LIPSKY

"MRS. POTTER'S" *Signature Rose Jam*

PREP 15 minutes
TOTAL 4 hours 15 minutes

2½ c. water
4 c. unsprayed pink rose petals
3 c. sugar
¼ c. freshly squeezed lemon juice
2 Tbsp. rose water
¼ tsp. rose extract
3 oz. liquid pectin

1. In med. saucepan, heat water just to boiling on high. Remove from heat; add rose petals, stirring to submerge. Let stand 3 to 4 hours to steep.
2. Strain water and petals through sieve set over bowl. Discard petals and return rose-infused water to pan. Stir in sugar, lemon juice, rose water and rose extract. Heat to boiling on high. Boil 5 minutes, stirring constantly. Stir in pectin; boil 5 minutes, stirring constantly. Remove from heat and pour jam into sterilized canning jars. Top with lids to seal; let cool. Refrigerate up to 3 weeks.

MAKES 2½ CUPS *Each Tbsp. about 60 calories, 0 g protein, 15 g carbohydrate, 0 g total fat, 0 g fiber, 0 mg cholesterol, 0 mg sodium.*

Monica's at home in the kitchen.

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GOOD HOUSEKEEPING
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RESEARCH INSTITUTE

Big Chillers

OUR LAB TESTERS filled 33 coolers with soda cans and ice and put them in a chamber (90°F, 70% humidity) for 12 hours while temp probes measured which kept the drinks frosty. We also assessed cleanup, plus odor and stain retention, and staffers took them on a walk to see how well they rolled. These four could take the heat.

The Crowd-Pleaser

COLEMAN ***60-Quart Wheeled Cooler, $55***

Capacity*: ***70 cans/Tested with 40 cans and 30 lbs. ice***

Best for: *a big group tailgate party*

Why We Like It: *Packed with ice, this hard-sided behemoth kept a ton of soda cans cold. It doubles as extra seating and is a snap to fill and clean. (Fully loaded, it can be tough to maneuver.)*

coleman.com

Picnic Perfect

L.L.BEAN ***Softpack Cooler, Picnic, $50***

Capacity: ***30 cans/Tested with 14 cans and 10 lbs. ice***

Best for: *a date in the park*

Why We Like It: *The adjustable padded strap makes carrying comfy, while exterior pockets organize utensils. Held cans at a steady temp the whole time—rare in a soft cooler.*

llbean.com

Family-Friendly

IGLOO ***MaxCold Cool Fusion 36, $60***

Capacity: ***36 cans/Tested with 18 cans and 14 lbs. ice***

Best for: *a day at the beach*

Why We Like It: *This hybrid of a hard- and soft-sided cooler was voted easiest to roll, thanks to rubberized wheels and a telescoping handle. It also passed our drop test unscathed.*

igloocoolers.com

Great On the Go

CALIFORNIA INNOVATIONS

Arctic Zone Cooler Backpack, $25

Capacity: ***24 cans/Tested with 7 cans and 7 lbs. ice***

Best for: *a half-day hike or bike trip*

Why We Like It: *Backpack straps let you roam hands-free. In our test, cans remained cold for six hours (impressive for a small, soft cooler). Super-easy to clean, and retained no funky odors.*

californiainnovations.com

**without ice, according to the manufacturer*

Photographs, from bottom: BEN GOLDSTEIN/Studio D; courtesy of each manufacturer.

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WHOLE MILK
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EASY TO DIGEST

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Find it here...

Rose-Colored Glasses

PAGE 21 *Top to bottom:* $149, Bobbi Brown; Solstice Sunglasses stores. $20, Kohl's; kohls.com. $138, Kate Spade; katespade.com. $65, Armani Exchange; glasses.com. $5, Forever21; forever21.com.

Style News

PAGE 34 ***Linen jacket,*** $218, Eileen Fisher; eileenfisher.com. ***Lace top,*** $38, Thread Sence; threadsence.com. ***Shorts,*** $50, The Limited; thelimited.com. ***Horn cuff,*** $145, Vivo; 305-661-0159. ***Colorful bangles,*** $30 each, Coldwater Creek; coldwatercreek.com. ***Wood cuff,*** $55, The Base Project; shoplatitude.com. ***Pink clogs,*** $149, Maguba; maguba.com. ***Blue clogs,*** $135, Flogg; wearfloggs.com.

Sizzlin' Summer Playbook

PAGE 37 ***Sweater,*** $145, Lacoste; shop.lacoste.com. ***Skirt,*** $121, Tibi; theoutnet.com. ***Scarf,*** $88, Fraas; 212-575-0191. ***Sunglasses,*** $63, Triple Graces; triplegraces.com. ***Earrings,*** $30, We Dream in Colour; wedreamincolour.com. **PAGE 38** ***Crocheted top,*** $79, Zara; zara.com. ***Cami,*** $32, Skinnytees; skinnytees.com. ***Pants,*** $298, Lafayette 148 New York; lafayette148ny.com. ***Earrings,*** $140, Mickey Lynn; mickeylynn.com. ***Necklace,*** $162, Jane Basch Jewelry Designs; janebasch.com. **PAGE 39** ***Oxford shirt,*** $50, L.L.Bean; llbean.com. ***Jeans,*** $34, Old Navy; oldnavy.com. ***Tie,*** $85, Vineyard Vines; vineyardvines.com. ***Pumps,*** $70, Nine West; zappos.com. ***Gold signet ring,*** KiraKira, $98; kirakira.com. **PAGE 40** ***Tank top,*** $58, Nic + Zoe; nicandzoe.com. ***Skirt,*** $49, Lulu's; lulus.com. **PAGE 41** ***Dress,*** $185, Banjanan; shoplatitude.com. ***Earrings,*** $75, Kesha Rose by Charles Albert; kesharose.com. ***Bangle set,*** $89, Bajalia; hsn.com. **PAGES 42-43** ***Blouse,*** $278, Tucker by Gaby Basora; trilogystores.co.uk. ***Leggings,*** $142, Lisette L; lisettel.com. ***Ring,*** $75, Gottex Jewelry; gottexjewelry.com. ***Belt,*** $149, Peruvian Connection; peruvianconnection.com. ***Sandals,*** $179, Canfora; canfora.com.

Take It Outside

PAGE 50 ***Garden Treasures Round Red Patio Umbrella,*** $40; lowes.com. ***J Schatz Egg Bird House in Orange,*** $155; jschatz.com. ***Ecorox,*** $130; ecoxgear.com. ***Blue Metal Garden Stool,*** $40; homegoods.com for stores. ***Garden Tool Kit,*** $40; paper-source.com. ***Zig Zag Outdoor Pillow,*** $25; grandinroad.com. ***Red Beer Garden Dining Table,*** $230, and ***Red Beer Garden Dining Benches,*** $140 each; worldmarket.com. ***Colorful Rubber Hose,*** $70 each; gardeners.com.

Fresh Idea

PAGE 52 ***Hollis Wood Products 12031 Redwood Planter Ladder Shelving Unit,*** $62; atgstores.com. ***Valspar Duramax in Encounter 4008-7B,*** $40 per gallon; lowes.com. ***Wald Imports Double 4-In. Wood Planters,*** $40 for three; hayneedle.com.

Super-Easy, Fun & Breezy

PAGE 59 ***Faux Coral,*** $25 to $60, zgallerie.com. ***Starburst Wooden Wall Mirror,*** $135, Vita V Home; allmodern.com. ***Cindy Console Table,*** $230, Safavieh; bedbathandbeyond.com. ***Summer Breeze Brick Glass Mosaic Wall Tile,*** $14 per square foot, Elida Ceramica; lowes.com. ***Wooden Rattan 14¾-Inch-Wide Antique Brass Plug-In Chandelier,*** $80, lampsplus.com. ***Ciudad Armless Chair with cushion in Spice,*** $215, pier1.com. ***Braided Jute Rug,*** 5" by 8", $200, ballarddesigns.com. ***Anchors Away! Art Print,*** $54 for 26" by 34", Anderson Design Group; art.com. ***Outdoor Vapor Proof Wall Light,*** $50, R&B Electric; destinationlighting.com. ***Seward Perfect Storage Trunk,*** $108, wayfair.com. ***Emerald Interior Acrylic Latex Paint in Indigo SW 6531,*** $61 and up per gallon, sherwin-williams.com for stores. ***Cayman Lantern,*** $40, grandinroad.com. ***Dossett Orange Corded Indoor/Outdoor Square Pillows,*** $53 for set of two, overstock.com. ***Seahorse Mini Wall or Leash Hook*** in Parakeet, $28, thesecreatures.com.

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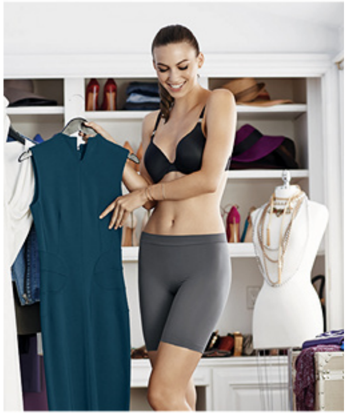

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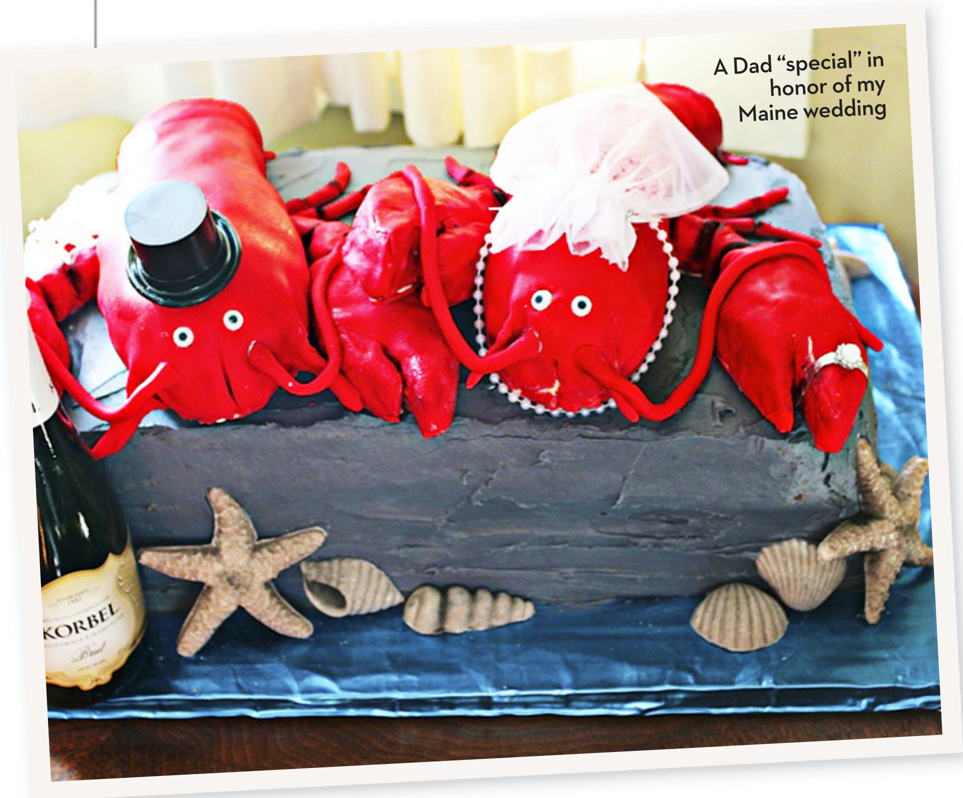

A Dad “special” in honor of my Maine wedding

My Dad Takes the Cake

He’s a master at expressing his affection, and it’s seldom sugar-free **By Elise Juska**

ELISE JUSKA is the author of *The Blessings* and three previous novels. She directs the undergraduate creative writing program at the University of the Arts in Philadelphia.

THE CAKE-DECORATING RENAISSANCE began with a lobster cake my dad created when his mother, a native Mainer, turned 97. The lobster was amazingly lifelike. Red fondant icing was used for sculpting the hard shell and yellow for the lemon wedges, and orange Jell-O doubled as a dish of drawn butter. The lobster clutched two candles in its claws: 9 and 7. “He’s beautiful!” Nana shouted, unable to tell the cake from the real thing.

We, the rest of the family, were amazed but not surprised: My dad has long been famous for creations of all kinds. His Halloween costumes—most notably, a framed likeness of the *Mona Lisa* through which I stuck my freckled 10-year-old face—are legendary, as are his sand castles and Easter eggs. An educator by day, he spent many evenings drawing catalog illustrations for a magic store, for which he was paid in merchandise such as the gorilla suit he wore so frequently that my friends at a sleepover at another girl’s house were unfazed by seeing a gorilla pawing at the window. “Hi, Mr. Juska!” they called, with patient smiles and waves. None of this struck me as unique when I was a child; it was just my life.

And then there were the cakes. My sister and I helped out on other projects, but Dad’s cakes were a solo affair: most memorably, a hamburger cake for my “Where’s the Beef?”–themed party in 1984. In recent years, his cake decorating has grown more elaborate as he’s refined his skills—like carving frozen pound cake and applying thick edible fondant, spritzing it with a clothes steamer to keep it shiny.

The cakes have become markers of significant events. Three years ago, I knew he approved of my boyfriend, an avid Scrabble player, when he concocted an edible regulation Scrabble board, complete with 100 movable cake tiles assembled from Cow Tales and Toblerones, for Jake’s birthday. Kids spelled out “AWESOME” while popping cake letters in their mouths. At my engagement party a year later, Dad returned to a Maine theme: bride and groom lobsters garnished with handmade cocoa shells and starfish.

Naturally, when you have a reputation as an astounding, sentimental cake maker, expectations run high. On my 40th birthday, Dad recruited relatives to help hoist from his car an exact replica of the Smith-Corona typewriter I’d banged on as a child. In the roller, anchored at each end by a Reese’s Peanut Butter Cup, on a sheet of edible sugar paper, was a poem I’d written in ninth grade. Guests circled the gift nervously, admiringly, hesitant to cut the first slice.

This September, Jake and I are expecting our first baby, my dad’s first grandchild. The morning we told him the news over breakfast, he was stunned, then teary. The details are being guarded closely, but I’m told that by evening, he was already planning the baby’s first cake. GH

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